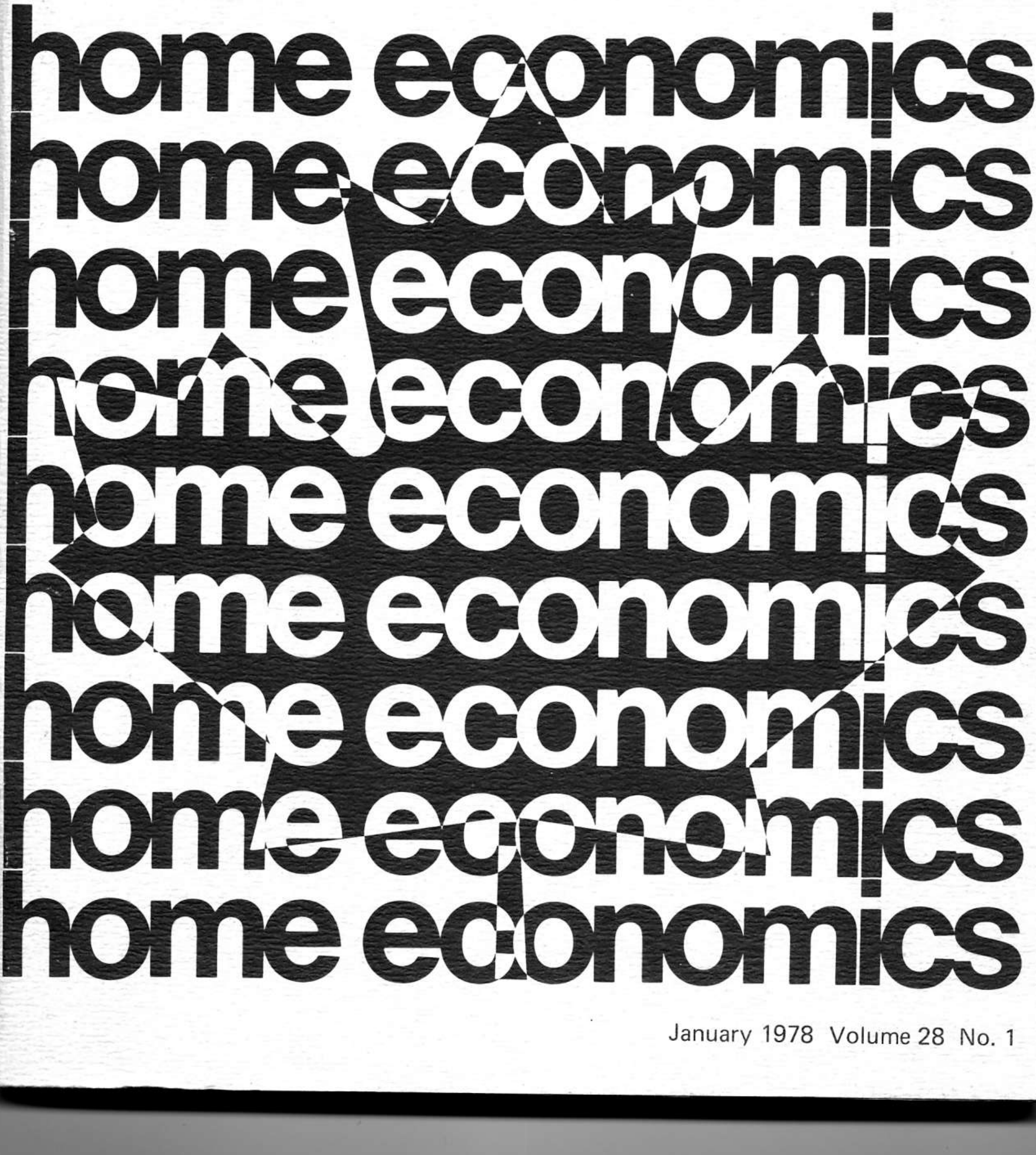
Canadian Home Economics Journal



January 1978 Volume 28 No. 1

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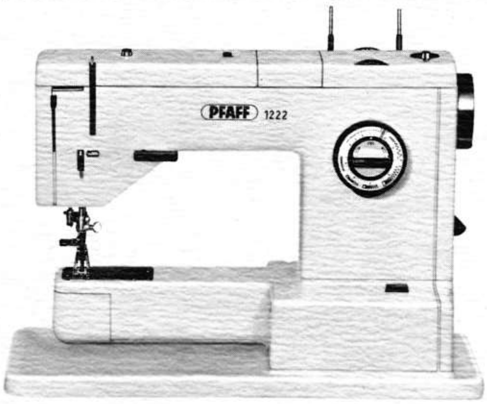

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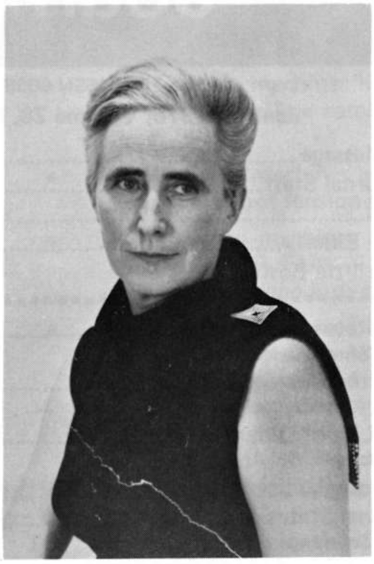
President's Message



Greetings to CHEA members from the Executive. We have been very busy this year, a reflection we are happy to say, of your busy-ness. A new ad hoc committee on Management of Family Resources is working towards defining some areas where home economists can assist in making the economy work toward improving the quality of life for Canadians.

We have new leaders in the Membership and Family Life Committees and expect some action toward our objectives for 1978 in these areas. The Metric Committee is still going strong and prodding us to participation during the coming year in metric activities, particularly in preparing ourselves and others for the March metric recipe changeover and the July metric textile change. The Professional Development Committee has been busy in Toronto and we can expect some important suggestions for professional growth from them come July.

Yet another committee that is working to keep the Association alive and well is the Structure Committee. This group of dedicated persons is earnestly trying to find a way by which our Association can more effectively conduct the business of the Association and, at the same time, project a professional image and presence when issues of concern to the membership arise in our social system. This is not an easy task, for inevitably their solutions are going to mean change for many of us. Change means that the comfortable old ways will not be the new ways. That is disturbing for it means that perhaps the "familiar" will disappear. What the Structures Committee needs desperately is "input".

Remember it was the Association who asked that the structure be examined. We wanted new ways for relating to the problems we saw developing to which, as a profession, we could speak, They need help. If we don't like what they are suggesting then we should be providing alternatives for them to look at. Criticism and negativism will not get us the live and vibrant association we want but constructive and innovative ideas fed to the Committee, and to which they can respond, will help. Shall we try for a "hard look" at our present structure and a "gentle look" at a new structure so that by July when we meet in Calgary we will be able to begin putting into motion the mechanics for strong professional leadership in home economics?

President, Dean Badir and daughter, Patsy.

Doris R. Badir

Doris R. Badir
President C.H.E.A.

The Journal Staff

Dr. Edith Down

Mrs. Betty Mullen

The transfer of the Canadian Home Economics Journal production from Toronto to Edmonton represents, not only a business transaction, but also a new masthead. The chairman and editor, Dr. Edith Down, is a professor emeritus at the University of Alberta. She is an author and editor of classroom home economics texts and a specialist in curriculum planning. Mrs. Betty Mullen, editor, brings with her the expertise of ten years as editor of the Alberta Home Economics Newsletter and has been professionally engaged as both secretary and provincial director of C.H.E.A. She is the mother of two teenagers and wife of Ron, an orthodontist. Dr. Ann Kernaleguen is the research supplement editor. She is chairman of clothing and textiles in the faculty of home economics at the University of Alberta, and is an author and researcher in the area of clothing for special needs. Mrs. Nancy Craig, the book reviews editor, is a University of Alberta graduate in home economics. While working as a newspaper food editor in Winnipeg she was active in the Manitoba Home Economics Association. Nancy now works with Alberta Agriculture co-ordinating the department's nutrition education in the Calgary elementary schools. Miss Pat Mascaluk, feature editor, is a home management specialist with Alberta Agriculture. Over the years she has served on program and membership committees for Edmonton home economics association, provincial representative for C.H.E.A. public relations committee and chairman of Alberta CAC consumer education. Mrs. Joan Kucharski is business manager and advertising representative. Joan is a free lance home economist. She is also chairman of the Advisory Council for Meals on Wheels for the city of Edmonton and chairman of a city day care centre.

Dr. Ann Kernaleguen

Mrs. Nancy Craig

Miss Pat Mascaluk

Mrs. Joan Kucharski

EDITORIAL

Elsewhere in the journal there is a report of the questionnaire turned in on queries regarding members wishes for issues and articles. The committee has already responded to some of these and the 1978 topics will reflect a focus on "the family life cycle". We have taken a turnabout step and have started with the elderly. The next three issues will deal with the adult, the adolescent and the child respectively. Because 1979 is designated "Children's Year" our intent is to deal with the issue in considerable detail at that time. In order to convenience prospective authors the theme and issues for 1979 will be published in the April Journal.

The Calgary Convention to be held in July 1978, will experiment with producting copies of special conference presentations and extra copies will be made available for sale for interested persons not attending.

Profiles of Board of Directors will be handled in various issues starting in January and will include Provincial Directors and standing committee members. It is the intent that the four issues will identify the board of directors so that all members will be more familiar with them.

In the name of the Journal Committee I wish to thank you for your response to the questionnaire. It is hoped to make this an annual exercise that will keep the line of communication open between members and journal staff. **E. D.**

Focus on the Elderly

Age is like love, it cannot be hid.
(Thomas Dekker: Old Fortunatus II.i.)

This issue of the journal features presentations on the elderly as reflected through the writings of the nutritionist, the clothing specialist and the sociologist. Many other aspects of this topic could have been considered if space allowed. The various provinces of Canada are moving in the direction of more attention to the senior citizen. At this point, this issue will single out one i.e. the contribution of several Canadian Universities in developing courses for senior citizens in the past few years. Are these worth while? The poem included, won a prize winning award at the Spring Session 1976 of the University of Alberta. The course was creative writing. The author, Charlotte Bowers, since that time has published two books of poems. Sincere congratulations are due the author.

Our senior citizens have great potential. Should we ask ourselves, — what are we doing to chizel the iceberg?

Spring Session — 1976 University of Alberta

They proved up Alberta's homesteads
And raised a family there;
To womanhood and manhood . . .
But now with silver hair
They sit at desks to study
And they mingle with the crowd
On the sidewalks, in the hallways,
And they're walking straight
and proud.
Though late, the dreams they've cherished
Have suddenly come true;
They are students on the campus . . .
It's what they longed to do.
They gave up their dreams to do it
And their hope, so long ago
While changing babies diapers
And helping children grow.

It's Spring Session for the Seniors . . .
It has given them the chance
To begin a bright new era,
To find a new romance
On an universal campus;
A gift because their old
From an understanding system
Of Alberta's plans and goals.

It's a thought that bears reflection
That the classrooms now are filled
With grey haired men and women
More knowledge to instill
Not only smiling faces . . . ,
We can see them old and new
But the buildings and the hallways
Seem to smile a welcome, too.

Charlotte Bowers
Ardmore, Alberta

Nutritional Status of Aged Canadians

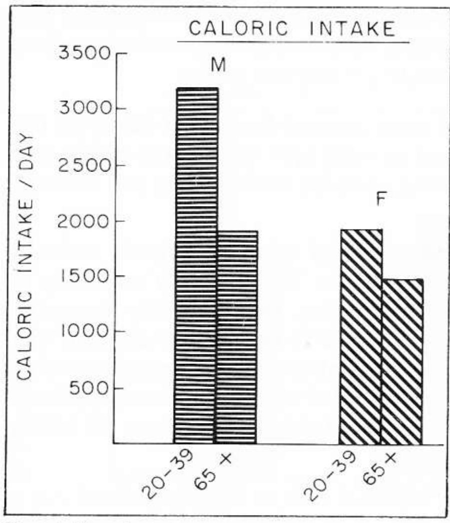
by T. K. Murray and Heather Nielsen,
Bureau of Nutritional Sciences,
Food Directorate,
Health Protection Branch, Ottawa

Permission to print courtesy: Monarch Fine Foods Co. Ltd.

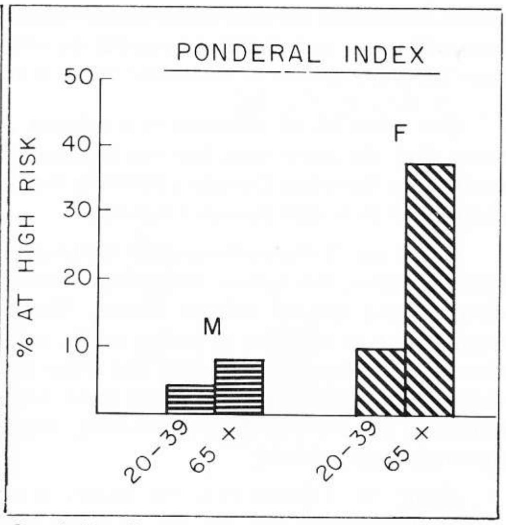
The evidence presented will be from the Nutrition Canada Survey. This survey has been criticized as not being representative of the elderly population because of a poor response rate coupled with a suspicion that the healthier old folk came out to the clinics, the less well didn't. It is true that the survey did not seek out bedridden or hospitalized old folk but data was obtained on 1673 Canadians over 65 years of age. These data, I think, must be considered representative of mobile Canadians of the same age group.

By and large the interpretative standards of the Nutrition Canada Survey were the same for those over 65 as for other adults. The only exceptions being a slight adjustment in iron requirements and acceptable cholesterol levels for females over 55. Senior citizens were assigned the same nutrient requirements as their younger brothers and sisters by default — there just wasn't enough data to justify other values. The same is true of the Canadian Dietary Standard or any other official statement of requirement and this represents a serious gap in knowledge.

Where possible, I will contrast the elderly with a younger age group of the same sex and from the same survey. This will remind you that we are interested in the consequences of aging, not just the consequences of being an old Canadian.



Graph No. 1



Graph No. 2

Graph no. 1 illustrates one of the biggest differences between the young and old; elderly males consumed 1900 calories/day, females 1500 as compared to more than 3000 and 2000 respectively for younger males and females. Although no standard was assigned to caloric intake it can be accepted that a decrease with age is inevitable and desirable. The Canadian Dietary Standard, citing a slowing of resting metabolism from early adulthood to old age and a decreased activity with age, set the energy requirements for those over 66 years at 2000 for men and 1500 for women. This is almost exactly the median values recorded for the Nutrition Canada Survey. More interesting than the absolute values are the consequences of such intakes. Even without supporting data it is easy to see that the *choice* of foods becomes more critical with age since less and less food must satisfy the same daily nutrient requirements. Like an aging professional athlete, an aging eater can't afford to make many mistakes.

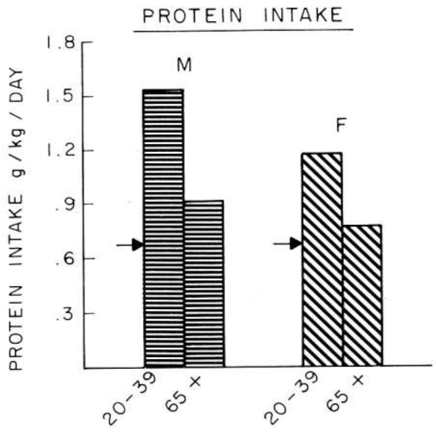
One consequence of an excessive or an inadequate caloric intake is fatness or thinness. *Graph no. 2* contrasts the incidence of obesity of young adults with old. The ponderal index may not be the best criterion for obesity but the data shown are only those judged to be at high risk according to the ponderal index. These are not borderline cases but would be considered fat by any observer. We have just seen that the elderly eat much less, are they less fat? They are not! Men seem to pretty well hold their own, there being no great increase in the numbers of obese in the older population. The increase in the incidence of obesity among women of increasing age is, however, startling. We do not have enough information to do more than speculate about the reasons for this difference between sexes. The most likely explanation is simply the respective differences between caloric intake and expenditure; men reduce their caloric intake more as they age than do women. They may also remain more active but, in any case, their intake seems to more closely match their output. It is interesting to note that men with a very low income are less likely to be fat than those with high incomes, women with a very low income are more likely to be fat than those with high incomes. For some reason women seem less able to adjust their caloric intake to expenditure in circumstances that should lead them to do so. This is a question warranting additional study, for once they reach an obese 65 the solution must be most difficult. I don't know how many obese, elderly women would be able and willing to start on a vigorous exercise plan even in the unlikely event that such a program was advocated by the phy-

sician. Corrective action should start earlier when a reasonable increase in activity is a more attractive and practical prospect. In any case a further decrease in calories to less than 1500/day cannot be advocated without endangering nutrient intake.

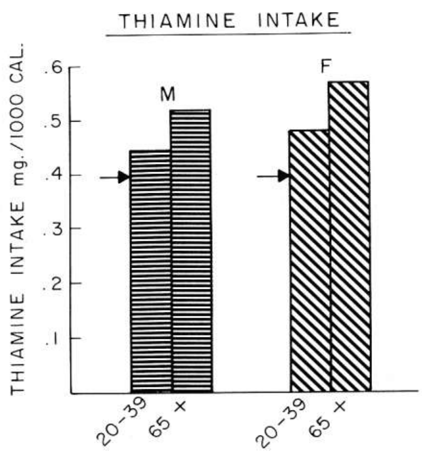
One other bit of information is missing. At what rate and from what causes do the obese die? Do obese men, but not women, die at an early age? We hope to obtain this statistic on Nutrition Canada subjects in the coming years by tracking date and cause of death of all Nutrition Canada subjects.

Graph no. 3 illustrates another striking consequence of aging, a markedly reduced protein intake, the arrows indicating a satisfactory intake. This is hardly surprising in view of the smaller calorie intake. The median intake, which grossly exceeded *requirement* in the case of young adults, was pretty close to the line for the old. The Canadian Dietary Standard does not make any adjustment in the protein requirements for old age. If Dr. Young confirms today a quote attributed to him (3), that the elderly require 1 gm protein/kg body wt./day, large numbers of elderly Canadians are eating insufficient quantities.

Graph no. 4 shows thiamine intakes in mg/1000 Cal and on this basis there was a slight increase with age. For the relatively large number of women with a calorie intake of less than 2000 Cal. it might have been better to express thiamine intake in mg./day. It would also have made for a more confusing presentation with little or no benefits. The thiamine intakes of most elderly persons is adequate. In earlier publications of Nutrition Canada data, prominence was given to what was said to be the low thiamine excretion of elderly males. I can't get very excited about this as a public health problem and haven't included any data. Almost no one was in the high-risk category because of thiamine excretion and I question the importance of the relatively large numbers in the



Graph No. 3



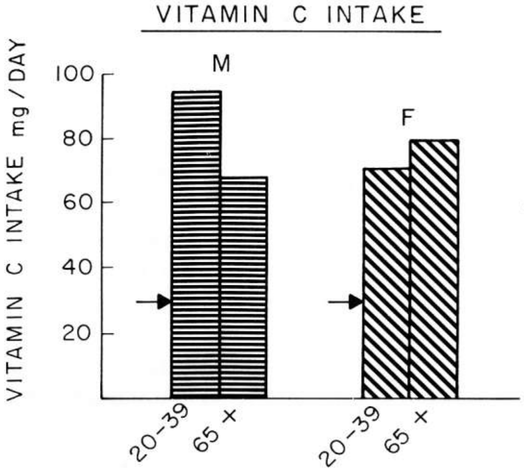
Graph No. 4

moderate risk category in the absence of supporting evidence. Perhaps this is one element of the interpretative standard that should be age/sex dependent.

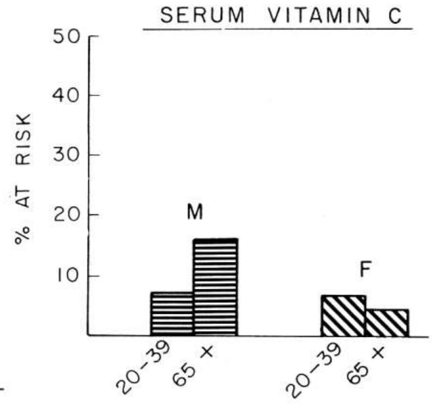
The intake of riboflavin and niacin was sufficient for all age groups, including the elderly and no data will be shown.

For that matter so was the vitamin C intake, illustrated on *graph no. 5.* Elderly men had reduced their consumption of vitamin C somewhat while elderly females had some-

how contrived to increase their C intake while reducing their calories. I hope the reason for this will be clear when we look at food consumption patterns.



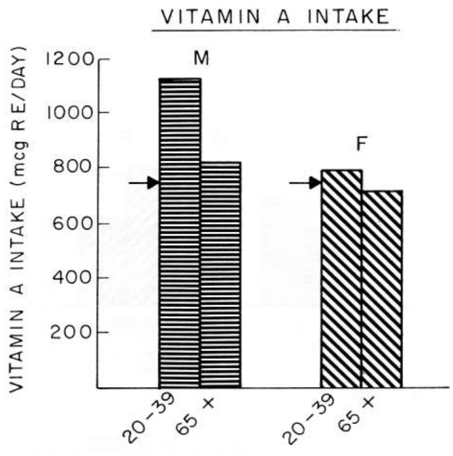
Graph No. 5



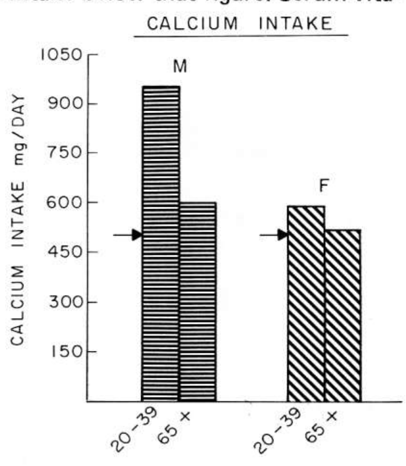
Graph No. 6

In spite of these generous intakes of vitamin C a substantial number of both sexes and all age groups but particularly elderly males, had low serum levels of vitamin C. One could say that the Canadian dietary standard was too low and that those people who have been saying just that, are right. Two other suggestions have been made – that smokers have lower serum levels of C than non-smokers and that many of the low values are for smokers. We are just waiting for the computer to tell us how many low values may thus be explained. It is also said that those with the low serum levels tend to derive their vitamin C from vegetables. The implication being that we have overestimated vegetables as a source of C. All of this has little specific to do with the elderly except that elderly men have more low serum vitamin C levels than any other age group. *Graph no. 6.*

As you would expect, (*graph no. 7*) the intake of vitamin A decreased after adulthood, quite markedly for males, barely for females. Unfortunately the median intake of adult females was just about equal to the recommended intake and the slight decrease that occurred with age pushed the median intake below that figure. Serum vita-



Graph No. 7



Graph No. 8

min A levels increased throughout much of life although not after 65, and no low levels were found. If intakes were sometimes too low they did not result in low serum levels. This is another of those occasions where intake is just not what we think it should be but in the absence of supporting evidence it is probably incorrect to cite it as a nutritional problem.

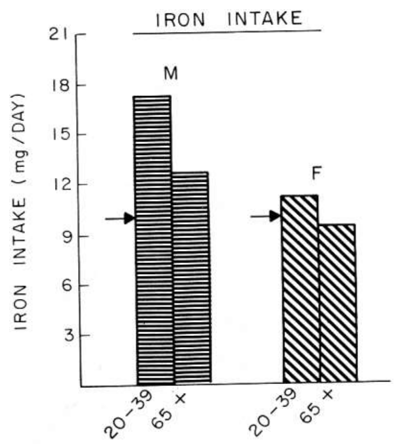
Very much the same situation exists for calcium intake; (*graph no. 8*) a reduced intake with age which, particularly in the case of females, resulted in a median intake just equal to recommended intake. There is no evidence that these intakes produced a deleterious result but, in view of the high incidence of osteoporosis in the elderly, a low calcium intake cannot be a subject of rejoicing.

Iron intakes too (*graph no. 9*) were low in adult females, and because of further reduction in old age, were marginal for that group in spite of the fact that the recommended intake had dropped to equal that of males. The arrow refers to the recommended intake of the elderly female.

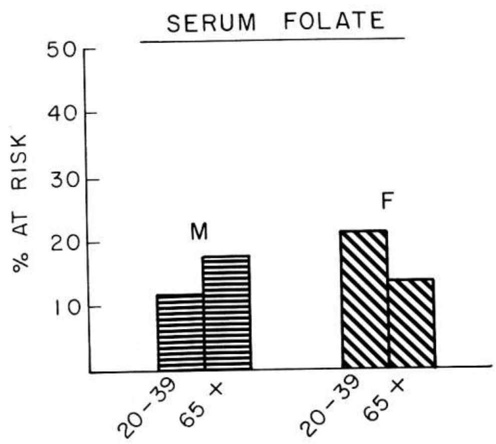
Nevertheless the incidence of low hemoglobin was too low to mention. There was some indication of low iron stores but in this respect the elderly were not worse than other groups.

Nor does folate status (*graph no. 10*) deteriorate with age, which is difficult to understand in view of the declining food intake. There has been considerable speculation regarding the seemingly low folate levels observed. Experts now tend to play down the significance of the Nutrition Canada results and conclude that most Canadians obtain sufficient folic acid in their diets.

That completes the biochemical and anthropometric data from Nutrition Canada. I will mention, just briefly, the results of the clinical examination. They were inconclusive in that the signs observed could not be unequivocally associated with nutritional deficiencies. Those signs most frequently observed in the elderly were those intended as evidence of thiamin, riboflavin, niacin and folacin deficiencies. These included abnormally smooth or red tongue, angular lesions of the lips or eyelids, cheilosis, absent knee jerks, loss of vibratory sense and pretibial pitting edema. It is a measure of our ignorance that we do not know to what extent these signs are signs of aging and without nutritional implication.



Graph No. 9



Graph No. 10

We will now turn our attention to the food that elderly persons eat. You will not be astonished to note that they eat less but keep in mind those nutrients for which we have

noted a less than recommended intake — vitamin A, calcium and iron. *Table no. 1* contrasts the intake of various food groups by young adults and the elderly. There are certain obvious changes in the pattern. The markedly decreased use of meat, poultry, fish and eggs by elderly males accounts for a good deal of the reduced caloric and iron intake, the modest reduction in milk consumption accounts for the decline in calcium intake by females and a good deal of that by males.

The decrease in vitamin C intake by males is due to the smaller amounts of fruits and vegetables and one must conclude that females avoided this decrease by their selection of foods from the fruit and vegetable group and by maintaining a relatively high intake.

Table 1
MEAN DAILY INTAKE OF FOOD EQUIVALENTS BY FOOD GROUPS FOR MALES AND FEMALES 20-39 YEARS AND 65± YEARS

Food Equivalents by Food Groups	Males		Females	
	20-39 years	65+ years	20-39 years	65+ years
Milk (cup)	2	1-1/4	1-1/2	1-1/4
MPFE[1] (oz)	9	5	5	3
Breads and cereals (serv)[2]	5-1/2	4	3-1/2	4
Fruits and vegetables (serv)[3]	6	3-3/4	4-1/2	3-3/4

1. MPFE — Meat, poulty, fish, eggs
2. 1 serving of breakfast cereals — 30 g
3. 1 serving of fruit, vegetables, potatoes — 100 g

Table no. 2 probably has little to do with nutritional status but is an interesting aside. Young adults and elderly males eat in almost equal numbers at what I am sure the elderly at least, think of as mealtime; between 5 and 9 A.M., 11-2 P.M. and 5-8 P.M. Young adults, however, eat between meals in greater numbers and in greater amoungs. More than half the difference between the young and old in total caloric intake can be accounted for by between-meals eating. Particularly striking was the difference in late-night food consumption. Can it be assumed that men who habitually ate crackers

Table 2
PERCENTAGE OF MALES, 20-39 YEARS AND 65± YEARS EATING DURING DIFFERENT TIME PERIODS AND THEIR MEAN CALORIC INTAKE (kcal)

Time of day	Percent Eating		Mean Caloric Intake	
	20-39 years	65+ years	20-39 years	65+ years
0500-0859	70	77	465	462
0900-1059	65	41	358	288
1100-1359	91	95	928	628
1400-1659	72	57	384	246
1700-1959	92	91	1268	760
2000-0459	82	63	656	254

and cheese in bed were eventually strangled by their mates? The data on females was similar but not nearly so striking.

Table no. 3 shows the way in which older men and women adjusted their consumption of beer, wine and soft drinks. The data for women was not nearly so dramatic as that for the males. There are some interesting provincial differences but for our purposes the reduction in intake with age is more important. Beer and soft drinks were a significant source of calories for the 20-39 year olds but not for those over 65. On the average the reduction in calories from these sources amounted to about 200/day. This would seem to be another reason why more old men aren't fat. There is no indication of why men do not continue with their drinking habits but one could speculate that lack of money and less contact with social settings that encourage drinking were involved.

Table 3

MEAN DAILY INTAKES OF BEVERAGES (NATIONAL)

	20-39 years		65+ years	
Beverage	M	F	M	F
Beer (oz)	12-1/2	1-1/4	2	1/2
Wine (oz)	3/4	1/4	1/4	1/4
Soft Drinks (oz)	6-1/2	4	1-1/4	1/2

What can we conclude from all of this?

- ambulatory, non-institutionalized elderly Canadians who reported to Nutrition Canada clinics displayed no gross nutritional deficiencies.
- many were too fat and this was particularly true of elderly females who compared badly in this respect with younger age groups and with contemporary males.
- the diets of the elderly were most often marginal with respect to vitamin A, calcium and iron.
- serum vitamin C was low in substantial numbers of the elderly although vitamin intake for the group was high.
- males made a more drastic adjustment of caloric intake as they aged than did women. Most of this adjustment was made in the meat group and beverages, both alcoholic and non-alcoholic.

It is not very original to suggest that the elderly are a vulnerable group in need of special attention. And yet it must be said. Nutrition programs, such as nutrition counselling, as well as group activities and mass media programs should be especially tailored for that age group. Entrance into the society for the aged is usually a gradual process but there is probably a critical time when the realization strikes that you're not as active as before and that if you're not old yet you can at least imagine what it will be like. Counselling at that stage would be useful, whatever one had received earlier, and should be available routinely as part of retirement preparations. For married couples, both should be involved. A variety of help would be useful but choice of foods in the light of (anticipated) reduced intake is most important. In general there is a need to maintain the milk and bread consumption of earlier days. Many men can safely make reductions in their intake of meat and beverages. Women can make some cuts in those foods too but have less of a caloric intake adjustment to make. It would be beneficial if women adjusted their caloric intake to expenditure at an early age so that fewer were overweight when they reach 65.

1. Nutrition Canada Provincial Reports 1975.

2. Nutrition Canada Food Consumption Patterns Report 1977.

3. Youngs, V.R., W.D. Perera, J. C, Winterer, and N. S. Scrimshaw.
In: Nutrition and Aging, M. Winick (Ed). New York: John Wiley & Sons 1976, pp. 77-118.

CLOTHING for the ELDERLY*

by Dr. Anne Kernaleguen: Faculty of Home Economics University of Alberta, Edmonton, Alberta.

Clothing for everyone should be comfortable, attractive, safe, easily donned and cared for and should not single out the wearer. Because of physiological changes which accompany advancing age, it becomes that much more difficult for the elderly to find clothing which meets these criteria. In addition, since dressing requires a considerable amount of coordination, sensation, dexterity, sense of balance, range of motion and strength, the disabilities which often characterize the elderly deter one or more of these dimensions leaving the ability to dress oneself limited or impossible.

Approximately half of the people over 65 years of age suffer from some form of physical handicap which affects the fitting of clothing, its appearance and comfort to the wearer. The reason for needed clothing adaptations for the elderly is not age but rather handicaps which in many cases accompany age.

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* This paper represents part of Chapter 2 of "Clothing for the Handicapped" to be published by the ©University of Alberta Press, 1977.

Elderly people are stereotyped by society at large. These stereotypes are often misconceptions which categorize the elderly person unfairly. The careless appearance stereotype takes for granted that older persons no longer care about their physical appearance or the impression their clothing creates upon others. This concept closely aligns the loss of interest in clothing stereotype which tends to confirm the idea of general loss or lack of interest in physical appearance. Stereotypes, however, are far from accurate. In general, elderly persons care about clothing, desire a pleasing appearance which, if achieved, has a strong bearing on a positive self concept. The elderly wish to conform to current fashions, at least to the extent that they will prevent them from being singled out as different. An attractive appearance bolsters morale and self-assurance and greatly influences social acceptability. Clothing for the elderly can play at least three functions for the wearer: it can accent or call attention to one's good points; it can camouflage poor ones; and it can give a psychological lift.

Physical changes which occur with advancing age can be seen as an asset or a liability. The older person can approach clothing selection with a healthy attitude using wise judgment to emphasize and accentuate good features. Changing hair color to grey and white, the softening of skin pigments, and wrinkling of the skin are changes which often add character and distinctiveness to elderly features and can be accentuated by color and line selection. Often the elderly find they cannot wear shades which previously were becoming. For them color selection is a whole new area with which to experiment. The elderly, however, are often conservative and do not readily accept colors and styles which they felt they could not wear when they were younger. More often than not, aging is seen as a liability. The emphasis in our society is on youth:

> "If you are over forty, you are unlikely to be promoted, or, if unemployed, find a job. If you are sixty-five, you are forced to retire. If your hair grays, you must dye it. If your physical condition deteriorates — as it must — you will enter an institution. If you look for an apartment, people may refuse to rent to you; old people smell and can't take care of themselves. If you stop to watch children playing, you're suspected of being a dirty old pervert. If someone wishes to pay you tribute, they say you're so YOUNG — considering your age".
>
> Curtin, S. R. Nobody ever died of old age.
> Boston, Little Brown & Co., 1972, p. 18.

Books have been written to teach people how to feel young, cosmetics have been created as an aid to retard aging, and clothes have been designed to accent a youthful appearance. And yet, due to modern science, more people are reaching old age.

Changing figure proportions and problems with getting clothes which fit properly accompany aging. The waistline and lower body tend to increase while folds of loose skin appear around the upper arms and in the chin and neck areas. Deposition of tissue in the upper back and rounded shoulders also make accurate fit a problem. Older women, therefore, often prefer clothing with sleeves which cover the upper arms or are below elbow length. Generally, dresses with soft collars or a V-neckline which opens down the front and gored or A-line skirts which allow ease of movement and cover the knees are preferred.

Research has shown that with increasing age there is a decrease in subcutaneous fat and that fat becomes more central. This tends to increase the skin sensitivity of the elderly and makes them more susceptible to temperature changes. As joints stiffen, clothing must be designed for ease of dressing and with closures adapted to decreasing dexterity of the fingers and failing eyesight. For these reasons, older women prefer front button or zipper openings and dresses with jackets for added warmth.

Older people tire easily and therefore clothing must be lightweight and require the minimal amount of energy to be donned and removed. Ease of care is also important — clothing which can be cleaned easily and requires little or no ironing is desirable.

Safety in both the fabric and design of clothing is an important consideration. Loose full garments may throw a person off balance or catch easily, while shoes without grips or dangling shoelaces may present a hazard. Fire resistant fabrics are desirable as well as care in the choice of garment design and construction. Long, loose fitting sleeves are one of the worst fire and other accident hazards.

Clothing selection is affected by the social activity of the elderly as well as the money available to spend on clothing. Elderly people are often restricted financially in purchasing clothing, particularly due to conservative tastes and also because their clothing lasts longer due to decreased physical activity. Social activity and clothing have a circular interaction. One depends on an attractive appearance to form initial social contacts while most social interactions demand acceptable clothing which is attractive and suitable to the occasion and the wearer.

The availability of clothing to the older consumer also poses a problem Elderly people feel more independent and achieve personal satisfaction from personally selecting clothing. They often, however, have reduced access to shopping facilities since reduced energy and lack of transportation make shopping a strenuous activity. In addition, they may be handicapped by visual and hearing impairments, or unsteadiness on their feet, as well as finding sales people impatient and unwilling to give them the time and service they require.

Thus, when selecting clothing, elderly people must combine personal preference in clothing with styles which take into account their figure, physical abilities and limitations, social activities and financial position. Many older people give priority to fit and style in the selection of clothing while comfort, price, ease of care and warmth are factors considered subsequently.

In attaining a good fit, elderly people find that sizes in ready to wear are based on the standard measurements of younger people and, their figure changes are not taken into consideration. For example, waistlines are usually not large enough and the trend to straight lines without a waistline seam make pattern or garment alteration for figure faults more difficult. Most older women find that half sizes allow for more variation in figure types and are closer to providing the features which they require. Generally the elderly require a shorter bodice and narrower shoulders in relation to large abdominal and hip width in clothes. The elderly also have difficulty in finding clothing items which are no longer in vogue, but items to which they have grown accustomed.

According to Firth, clothes at any age are:

> "the material component of the setting for interaction. They facilitate activity — like tools and transport; they crystallize and incorporate expenditure of effort; they serve as a reservoir of effort against future needs; they are the object of emotional attitudes. By their durability they give manifold links with the past and so are perpetual conditioning factors to activity."

Firth, R. Elements of Social Organization,
London: Watts & Co., 1951., p. 42.

More and more our society needs to realize that there is plenty of life beyond retirement, and clothing should contribute as much or more to the quality of life than as it does in earlier years.

The Family Life of Older Canadians*

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Family relationships traditionally provide the major sources of interpersonal support, warmth and commitment, for most people of all ages. However, the nature of family relationships changes over the life course and among the most dramatic changes are those that tend to accompany the later years of adult life.

The significance of changes in family relationships in later adulthood will become increasingly salient, for more and more Canadians are experiencing the time period loosely referred to as "old age" and usually defined chronologically as age 65 and over. The 1971 census indicated some 1,744,410 Canadians were 65 and over, 8.1% of the total population. Projections are that by the year 2001, one out of ten Canadians will be 65 and over (Statistics Canada, 1974). However, although increasing proportions of people will be experiencing old age family relationships, researchers are just beginning to be aware of the significance of this phase of the life course to a fuller understanding of the family.

This paper examines some of the characteristic features of family life in later adulthood. However, before beginning a discussion of the specifics, an important cautionary observation must be made. Much of the existing data use age 65 and over as the turning point marking old age, thus people in this age category are arbitrarily assumed to be both "old" and analytically similar. In addition to limitations in using chronological (calendar) indicators rather than symptomatic indicators of old age, it is

misleading to categorize all people over the age of 65 as the same. There are important differences within this age group which have implications for probable family relationships. First, there are two generations of people over the age of 65. It is estimated that one out of ten people, age 65 and over, have a child who is also over the age of 65; hence some "senior citizens" have children or (as the case may be) parents who are also senior citizens (Atchley, 1977:300). Second, at the least, there should be recognition of differences between those in the 65 to 74 age category and those age 75 and over. Typically, these two age groups differ, both in terms of health and in probable availability of family support ties. In combination, however, the later years of adult life have some important characteristics which distinguish them from other points in the family life cycle. The following discussion will examine some of these dist nctive characteristics.

MARRIAGE IN THE LATER YEARS

A happy marriage is a boon in all phases of the life course, particularly so in old age. Given current patterns in the timing of marriage and childbirth and increases in life expectancy, the average couple today can anticipate many years of marriage together after their last child leaves home. What are the chances for a marriage in the latter years, particularly in the post-retirement period, to be a happy one?

It appears that older people have a good chance of reporting that they have a happy marital relationship. Research on marital satisfaction, at various stages of the family cycle, suggests that marital satisfaction, for both husband and wife, is at its peak in beginning, pre-child, "honeymoon" stage marriages and in post-retirement marriages (Rollins and Feldman, 1970). While these data may initially appear to suggest that with tenacity in the maintenance of a marital relationship, problems stand a good chance of being satisfactorily resolved, we, in fact, do not know. The seemingly positive data on marital satisfaction in the later years are based almost entirely on cross-sectional research studies which compare different age groups at the same point in historical time. Longitudinal studies, following the same cohort of people throughout the duration of their particular marriages and into old age, would give us more useful information indicative of changes over time, but these studies do not exist. Further, it should be noted that the older people, interviewed after some forty years of marriage, are possibly marriage survivors; presumably the less successful marriages were the ones more likely to have ended along the way and one might expect the originally more rewarding marriages to be those still in existence. It is further possible that older people may feel more social desirability pressure to indicate that theirs is a happy marriage than do people at other phases of the life course.

However, the evidence which suggests the two high peaks of marital satisfaction to be at the beginning and at the end of marriage, promotes consideration of the similarities between these two periods. Aging and the retirement experience may contribute to the creation of parallels between the early years of dyadic attachment of young people and the couple attachments of older people. There are some commonalities: (1) among both there is usually a child-free, adult-centred, life style; (2) research on both the happily married post-retired couples (Clark and Anderson, 1967) and the newly married (Blood and Wolfe, 1960) indicates that there is task performance which cuts across traditional sex role boundaries; (3) both groups tend to have (or make) time to do things together; (4) both groups, similarly, must usually function on a reduced income, in contrast to those in other stages of the marital cycle; (5) both groups may, also, have some degree of unique appreciation for their relationship, the younger group because the union is newly formed and its endurance not tested, and the older group because of an awareness that their union continues in the face of the uncer-

tainty of life and the reality of death.

Retirement provides the older couple with great amounts of discretionary time and the greater possibility of joint participation in activities which they can structure. However, the idealized vision of retirement as a time to freely roam the far corners of the globe, must, in fact, be reconciled with changed finances (income drops about one half at the time of retirement), and, as well, the possibility of decreased physical vigor on the part of one or both partners. In a recent, large-scale, study of retirement in Alberta, comparisons between pre- and post-retirees found that people tended to overestimate the importance of travel and underestimate the impact of poor health on their post-retirement activities (Third Career Research Society, 1976).

The difficulties created by a disabling physical condition or a low, fixed income in a time of inflation, are more common to the later years of retirement than to new retirees. In fact, the current generations of older people, having shared the historical experience of the depression years of the 1930's, have often learned to do with less; future generations of senior citizens, coming from eras of affluence, may be less equipped to deal with diminished income; they may also be less committed to the work ethic. As it currently stands, however, retirement appears to be associated with a re-direction, on the part of a work-oriented generation of husbands, toward an increased emphasis on socio-emotional and expressive activities. This may be a contributing factor in the reported high rates of marital satisfaction among post-retired couples.

Among such couples there also appears to develop an interdependence which provides mutual support in coping with physical problems common to later years. About three out of four people, 65 and over, have a chronic health condition. Couples not only tend to help one another in time of illness, but marriage appears to act as a deterrent to institutionalization. The serious illness of one partner can put a tremendous strain on the healthier spouse, but important support tends to be provided within the marital relationship.

Thus, the available evidence argues well for the benefits of marriage relationships in older age. As well, our society has stressed the husband and wife roles as important components of adult life. Yet, marital relationships are differentially available in older age. Table 1, indicating the marital status of the older population in Canada, reveals both age and sex differences in the likelihood of being married in later years. Among people in the 65-69 year age group, 80% of men are married, in contrast to a little over half (55%) of the women. In a society which places high value on marriage and at an age where marriage appears to hold particular rewards, we see many who are outside a couple relationship. This dramatic shift is revealed even more clearly in the seventy years and over age category. At this stage, most men are still married (67%) but only 31% of women are married. Hence, we see that women in particular are likely to find themselves living outside the marriage relationship in old age.

WIDOWHOOD

While much public and research attention has been given to issues relating to divorce and its disruptiveness for the individual, the family and society, the most common form of broken marriage is caused by the death of one of the partners. Nowhere is this more true than in older age. Further, given the fact that women tend to marry men older than themselves and that there is now a seven-year differential in life expectancy at birth which favors females, the chances of being widowed are far greater for women than for men. Table 1 illustrates the greater likelihood of the wife being the surviving spouse. At ages 65-69, only 7% of men are widowed; in contrast 33% of women are widowed at this age. At age seventy and over, 22% of men are widowed, in contrast to 58% of women.

TABLE 1
MARITAL STATUS OF THE OLDER POPULATION, BY AGE AND SEX, CANADA 1971
(Percentage Distribution)

Marital Status	Males 65-69 years	Males 70 years and over	Females 65-69 years	Females 70 years and over	Total 65-69 years	Total 70 years and over
Single	10.7	10.4	10.8	10.7	10.7	10.6
Married	80.4	66.6	55.2	31.0	67.2	46.5
Widowed	7.5	22.0	33.0	57.8	21.0	42.3
Divorced	1.4	1.0	1.0	0.5	1.1	0.6
Total	100.0	100.0	100.0	100.0	100.0	100.0
Persons	296,050	485,810	323,910	638,640	619,955	1,124,445

SOURCE: Compiled from *The Canada Yearbook, 1973* (Ottawa: Information Canada, 1973), Table 5.15, p. 213.

There have been debates in the literature about whether coping with the death of a spouse is more difficult for a woman or for a man. The loss experienced in widowhood is that of the unique companion of probably much of one's lifetime; both widowers and widows must go through the difficulties of bereavement and work through the grief process, which is likely to involve not only sorrow, intense longing and somatic difficulties but also guilt, anger and temporary disorientation in time and place. In addition, however, the surviving partner has lost a socially important role, that of spouse. Canadian society emphasizes the "normalcy" of the married role and this has been internalized by older Canadians. The difficulties which arise when coping with the loss of this important role are in some ways different for women, in contrast to men.

For the current generation of older women (in possible contrast to future generations) the role of wife has provided much of their status in the community and through this role they may have become increasingly dependent, over time, on their husband's instrumental skills, e.g., occupational, financial, mechanical and so on (Bernard, 1972). The new widow may find she has to learn or re-learn many competencies or else transfer her dependencies on to someone else. During this time, the older widow stands a good chance of finding a community of other widows who can help to provide support and social integration (Blau, 1961). In making this reintegrative move toward support from other widowed women, the widow must adjust to what she may define as a drop in status; moving out of the couple relationship and into the company of women only (Lopata, 1970:52).

Older males, on the other hand, may be dependent on their wives' homemaking skills (Bernardo, 1967) and, as well, on their wives' interpersonal skills. Older husbands appear to be more likely than older wives to regard their spouse as their single closest confidant (Lowenthal and Haven, 1976), and, further, they may be dependent on their wives' skills as, in essence, the socio-emotional representatives of the family. Men who lose a spouse are more likely to find themselves isolated from kin and neighbors (Bernardo, 1967). The difficulties are further compounded for men without an occupational role. In contrast to older women, who may be able to turn to other widowed women for companionship, the widowed man is likely to find himself in a minority compared to other men (most of whom are still married) and, in addition, he may feel less skilled at maintaining socio-emotional ties with his, probably now long grown, chil-

dren. Widowed people, generally, are a high risk group in terms of morbidity and mortality rates (Holmes and Rahe, 1967); this is particularly true for the widowed male (Bock, 1972). The widowed male, however, does have a distinct advantage in that his chances for remarriage are very favorable.

REMARRIAGE

Remarriage, as an option to the widowed older person, is also differentially available. The probability of remarriage is greater for males than for females in later years. A major contributing factor is the sex differential in life expectancy: in 1971, the life expectancy for males, at birth, was 69.2 years, compared to 76.1 years for females (Science Council of Canada, 1976:14). The sex differential in life expectancy lends to the shortage of potential husbands in the older age categories. Table 2 illustrates this by showing the sex ratio (the number of males per hundred females) for selected age groups in Canada in 1971.

Table 2 shows that for the age group 0-44 the sex ratio is 103 males per 100 females; for the 65-74 age group the sex ratio is 87 males per 100 females; for those 75-84 it is 74 males per 100 females; and, for the age group 85 and over it is 66 males per 100 females. The steady decline in the sex ratio at later ages has implications for remarriage.

TABLE 2
SEX RATIO BY SELECTED AGE GROUPS, CANADA 1971

Age Group	Sex Ratio (Males Per 100 Females)
All ages combined	100.2
0-44	103.2
45-64	97.5
65-74	87.1
75-84	74.2
85-89	68.4
90 and over	59.4

SOURCES: Based on *Census of Canada, 1971,* Catalogue 92-715, Vol. 1, Part 2, Bulletin 1, 2-3, p. 7-1, 7-2. The sex ratios for the age groups "85-89" and "90 and over" are based on *Perspective Canada* (Ottawa: Statistics Canada, 1974), Table 1.12, p. 11.

In addition to the above, it is currently common social practice for men to marry women somewhat younger than they. In 1921, grooms were, on the average, 4.4 years older than brides; in 1971 there was a 2.3 year difference favoring males (Kalbach and McVey, 1976:95). A study in the United States found that 20% of grooms over age 65 had brides who were under 45; in contrast, only 3% of brides over 65 had grooms under age 45 (Treas, 1975:104). This means that older males have a theoretically wide age range for selecting potential mates, whereas older women's choices are often limited to age categories where there is a shortage of potential husbands.

The limited research, thus far, on remarriages among older widowed people, suggests that such marriages tend to be successful. Yet remarriages sometimes must occur in the face of social convention. McKain's (1972) study of post-retirement marriages in

which both partners had been widowed previously, indicated that about one-fourth of the couples almost didn't marry because of social pressure. Older people who successfully remarry after the death of a mate, often marry someone similar to their first spouse and, as well, someone previously well known to them, perhaps during the first marriage itself. Certainly the predicted increase in remarriages in the later adult years provides research challenges yet to be explored. For example, what is the impact on adult children when the long familiar parental dyad not only breaks through death but is then reconstituted? What is the impact on an older male or an older female of moving into the role of step-parent to middle-aged children or of attempting to meet the perhaps conflicting expectations of two sets of adult children and two sets of grandchildren? Researchers have tended to emphasize the complexities of inheritance decisions in such marriages (McKain, 1972: Sussman, 1976), however, the emotional ramifications on the conjugal unit and beyond would appear to offer intriguing research possibilities.

Given current sex differentials in life expectancy and social custom regarding age differentials between mates, remarriage is not a likely possibility for most older women. Writers who urge remarriage and/or sexual expression for the older population often overlook two important considerations: (1) the differential availability of males and females in the later years makes monogamous, heterosexual, relations an unlikely option for many older women; and (2) importantly, the current generations of people age 65 and over have had historically different socialization experiences with regard to sexuality and sexual expression and this may well be reflected in terms of *their* definitions of their sexual needs and the ways appropriate for them to express these needs.

The differential likelihood of remarriage has household implications which are reflected in Table 3. The information in this table groups those 65 and over into one common category which, as emphasized earlier, is problematic, but, the table suggests some of the magnitude of change in family life involved for people age 65 and over, particularly for women. In contrast to the 15-64 age group where some 95% of both men and women are living in a family setting, for the people age 65 and over, 18% of the men and 36% of the women are living alone, apart from any family relationships. Women are thus far more likely to be alone in old age than are men. These statistics also suggest the meaning behind the responses in a 1973 study consisting of 616 interviews with a probability sample of senior citizens in Toronto. When asked to indicate the single most serious problem faced by senior citizens, the most common response, given by 34% of the respondents, was loneliness (Canadian Radio and Television Commission, 1974).

RELATIONS WITH ADULT CHILDREN AND OTHER KIN

Older people are often actively involved in giving and receiving emotional support through a broad network of kin. Researchers differ on the importance of siblings in old age; however, the extent of contact between adult parents and adult children has been widely examined. Between the aging parent and the adult child there is often a two-way flow of assistance and emotional support. While there are social class variations in the type of help given, older parents are far from being the passive recipients of their adult children's bounty. Reciprocal help is given in the form of home services, monetary assistance, assistance in time of illness and other crisis situations and, in addition, older parents often provide child care services (Shanas, 1967; Adams, 1968). Various studies have found that older parents are in frequent contact with at least one of their adult children. While we have measures of the frequency of contact between adult parents and one of their adult children, we do not have adequate information on the number and type of adult children who infrequently contact their adult parent. The widely lauded

TABLE 3
PERSONS AGED 15-64 AND 65 AND OVER RESIDING WITH A FAMILY, LIVING ALONE, OR LIVING IN COLLECTIVE HOUSING, BY SEX, 1971[1]
(Percentage Distribution)

	Males		Females		Total	
	15-64 years	65 years and over	15-64 years	65 years and over	15-64 years	65 years and over
Living in a family[2]:	88.6	74.1	89.3	53.5	88.8	62.8
Own family	5.9	8.1	5.4	12.7	5.7	10.7
Other family or Group[3]	94.5	82.2	94.7	66.2	94.5	73.5
Total family	3.6	11.1	3.9	24.6	3.8	18.4
Living alone[4]	1.9	6.7	1.4	9.2	1.7	8.1
Living in collective housing[5]	100.0	100.0	100.0	100.0	100.0	100.0
Total Persons	6,673,875	774,405	6,647,030	950,775	13,320,905	1,725,180

SOURCE: *Perspective Canada II* (Ottawa: Minister of Supply and Services, 1977), Table 3.10, p. 45.

(1) Excludes approximately 141,000 persons for whom the relationship to head of household could not be determined.

(2) The family in this case is an economic family which is defined as a group of two or more persons living together and related to each other by blood, adoption or marriage.

(3) Includes persons living with economic families of which they are not a member and persons sharing households with other non-family persons.

(4) Does not include persons living alone in collective housing.

(5) Includes persons living in hotels, motels, nursing homes, staff residences, military and work camps, jails and penitentiaries, rooming and lodging houses and other institutions.

accessibility of one adult child does not inform us about the total family picture of the particular older person, or the number of other adult children who may be in infrequent contact and the implications of this, if any, for parents and for the adult children themselves. Further, while we have studies measuring the frequency of contact between adult parents and one of their adult children, we do not have adequate information on the *quality* of that contact, both from the perspective of the parent as well as from the perspective of the child.

Current studies suggest that contact between generations is heavily maintained by women; they write letters, phone, visit, maintain the integrative rituals of family holidays, and provide care in time of illness. One may speculate on the significance of this fact in light of increasing labour force participation of women and the necessarily decreased amount of time they will have to devote to such intergenerational family maintenance and support.

With respect to the grandparent role, given current trends in the timing of marriage and child bearing, the role of grandparent to very young children is actually not common for people age 65 and over. For people in this age category and beyond, grandchildren may be more typically teenagers and older. While some relationships between

grandparent and grandchild are quite rewarding, a United States study found that about one-third of the grandparents studied reported discomfort with the grandparent role (Neugarten and Weinstein, 1964). We have little information on the great-grandparent role, but clearly the stereotype of grandparenthood as an all encompassing role in older age is problematic. Meaningful grandparenting appears to be associated with preferences for particular grandchildren. In contrast to the parent role, in grandparenthood there is greater freedom to express preferences and the expression of preference for favourite grandchildren was related, in one study, to enjoying the role itself. Those who expressed no preference were likely to be less attached to grandparenting in general (Lopata, 1973). Various studies have attempted to look at the functions of the grandparent role. Kalish (1975), however, makes a suggestion which would seem to hold interesting research possibilities, in addition to serving as a possible warning: perhaps grandparents and their relationships with their adult children provide a training ground for the observant grandchild and this may be reflected in how these children eventually relate to their aging parents.

We often find an implicit equating of "real caring" on the part of adult children with participation in multigenerational living arrangements, as supposedly occurred in the "good old days". In actual fact, social historians and historical demographers now question whether three-generation households were ever very common historically (Laslett, 1971). Not many people lived to advanced old age and given the history of immigration to Canada and the fact that young people are the ones likely to move, multigenerational family units were probably historically uncommon in this country. That popular demonstrations of "real" affect might be contemporarily operationalized via multigenerational living arrangements can also be challenged when it is recognized that there is a norm of independence which tends to operate in North American society, stressing the independence of both older parents and their adult children. Older people themselves give verbal assent to this norm. They do not express a wish to live with their adult children but, rather, see such a move as fraught with hazards for all concerned.

However, for some older people who face the wrenching trauma of widowhood, broader family supports in the form of joint living arrangements appear to be available. Previously unpublished data, from the 1971 census for the population of Alberta (Government of Alberta, 1977), indicate that among widowed older people, 27% of the men, in both the 65-74 and the 75 and over age groups, share housing with children or other relatives (this category includes both single and married children and other kin). Of widowed women in the same age groups, 30% share housing with children and/or other relatives. Widowed men appear to be about as likely as widowed women to share housing with single children alone (9% of both men and women in the 65-74 age group and from 6% to 7% of men and women in the 75 and over age group share housing with single children).

There are filial norms operating which tend to obligate adult children to meet the needs of dependent parents, particularly the very old. Older parents themselves tend to give verbal assent to norms of autonomy and independence from adult children, yet running through the gerontological literature are speculations concerning the accuracy of these reports (e.g., Kalish, 1975: 78-79; and Sussman, 1976: 228). For those older people whose lives are going relatively smoothly, it is presumably easier to profess commitment to such norms. Yet advancing age does have its real problems and in times of crisis, people of all ages, young and old, tend to turn for help in the direction of what is regarded as one of life's constants, the bond of kinship.

CONCLUSION

This brief discussion has focused on typical shifts in family relationships in later years.

It has not included consideration of the family life of single older people (11% of the population age 65 and over have never been married), or that of older people who are divorced (less than 1% of the population 65 and over), or of those who married but remained childless. Among the current generations of older people, most are or have been married; most of these marriages will be or have been broken, not by divorce, but by death; most of these marriages have produced children.

In a society which values marriage relationships, there is evidence that the marriages of older people are rewarding but ephemeral. The likelihood of being widowed, of being the surviving spouse, is far greater for women than for men. In a society which stresses independence of adult parent from adult child and vice versa, the older parent (in particular over the age of 75) may verbalize the norms of autonomy, yet find it increasingly difficult to operationalize these norms in the face of widowhood, perhaps increasing physical disabilities, dwindling income and shrinking social contacts.

Yet the later years of family life often provide older people, particularly men, with the time to reassess the quality and importance of interpersonal ties and, as well, give a time perspective in which to view the meaning of family and kinship. There are difficulties common to family life in the later years and these are not widely known. This suggests the need, at the applied level, to make valid information available to the general public and, as well, perhaps provide transition counselling to enable people to work through some of the family changes associated with advanced age. This paper has raised some research questions needing further study. That there are not only problems but many *unknowns* about family life during the later years of adulthood suggests the need for social scientists to attend to the analytical significance of what is becoming an increasingly prevalent stage in the family cycle.

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ECONOMIC CHANGE . . . Chance or Choice?

Our name – Home Economist – should indicate an interest and aptitude for resource management. Are the principles of management different for the nation than for home and family? Can home economists apply some of the management techniques familiar to them to the nation's economy? Should home economists be submitting resolutions to governments articulating their concerns about our nation's economic dilemma?

We in Calgary hope you all know that after we work hard, we play hard! After giving serious deliberation to economic concerns, our hospitality committee and Trips and Tours committee have some fantastic experiences awaiting you. A "walking tour" of Calgary's historic sites, a rodeo, a barbeque, and numerous other treats are in store. Our province, Alberta, has also planned some fabulous events to enable you to spend six weeks here next summer if you can take the time.

Start your Alberta summer with the famous Calgary Stampede the second week in July. Continue to our provincial capital. Edmonton, for the rollicking "Klondike Days". A drive to Jasper, by bus or car will provide some of the most fabulous scenery anywhere in the world. Continue through the spectacular Rockies to Banff, arriving in Calgary in time for our conference July 25-28th.

Following our CHEA Conference, take a short tour around Alberta – for example, a trip to dinosaur country and the "badlands" near Drumheller. Perhaps you would prefer a swing south to Waterton Lakes National Park, or a trip to the Frank Slide. Just be sure you get back to Edmonton for the Commonwealth Games, August 1-12th. Tickets are going very quickly, so be sure to order yours NOW.

We are all looking forward to welcoming you to Calgary and Alberta for Summer '78 – so start planning now!

Non-Nutritional Factors Affecting the Nutritional Status of the Aged

by C. W. Schwenger, M.D., D.P.H.
Professor of Community Health,
Faculty of Medicine, University of Toronto

Presentation given as a part of the 1977 Nutrition Society of Canada Symposium, Calgary, Alberta, June 20, 1977.

Permission to print courtesy: Monarch Fine Foods Co. Ltd.

This paper is being presented from a behavioural and social science point of view as a part of a symposium which is placing a very strong emphasis on the clinical, biological and natural sciences. My background is in the field of public health (now transformed to community health). The old building-blocks or ammunition of public health used to be called vital statistics (now known as demographic and epidemiological variables). One must therefore decide first of all what kind of a community one is dealing with before diagnosing what is wrong with that community. Following the diagnosis comes community treatment which used to be called 'public health action' (now referred to as developing a better health care delivery system).

My approach will be to deal first of all with four implications of the changing age structure, then discuss three additional broad gerontological factors, comment on four aspects of health care of the aged and finally outline some recent developments in the Province of Alberta. Two recent references are available on the subject. The first is a publication of the Science Council of Canada.[1] The second has been published not long ago by the Alberta Department of Social Services and Community Health.[2]

Implications of our Changing Age Structure

It has been said that we are on the verge of a 'geriatric crisis' in Canada.[3] This does not mean that the average older person is sicker than he (or particularly she) used to be but that there are a lot more sick old people looming on the horizon in Canada. Taking the admittedly unsatisfactory international benchmark of old age i.e. 65 years (said to have been instituted by Bismarck); most people over this age are reasonably well, are not handicapped and are living at home.[4] This is, however, the fastest growing segment of the population. In Alberta for example, the some 130,000 65+ will double by the turn of the century.[2] There will therefore be a lot more old people in the future, a proportion of whom will have special health care and nutritional needs.

Another even more unsatisfactory international demarcation, set by the World Health Organization, is the proportion of the total population 65+. At 8% a country said to be 'old'. Canada joined the elderly nations less than 10 years ago. Its present 8½% 65+ is expected to approach 12% by the turn of the century.[1] Alberta is still young (7½% 65+) but is aging rapidly. It is expected to be over 10% 65+ by 2001.[2] There will be an even bigger increase after the turn of the century when the post World War II baby boom babies come into old age. We do not need to become overly concerned however with these projections. The actual 'dependency ratio' (the young and the old who are dependent on the working age group) is expected to decline in the

immediate future because of the even greater concommittant decrease in numbers of babies, preschool and school children. Also we can take heart in the fact that there are several countries right now in Western Europe with well over 12% 65+, a level which we will not be reaching until 2001. These older people don't appear to be an undue burden on their economies although some of these countries have a lower standard of living than Canada and are doing a great deal more for their elderly.[1]

Of much more concern is the future age and sex distribution of the elderly population. There is expected to be a marked aging of our aged Canadian population. The very old are increasing most rapidly of all; in Alberta for example, an extraordinary 1000% increase of those 85+ is predicted from 1951 to 2001.[2] These are the elderly with problems e.g. isolation, loneliness and sickness. They are the ones who are in most need of health and social services. In Alberta for example, 25% of those over the age of 85 is in nursing homes.[2]

Old age is a woman's world and appears to be becoming more so all the time. In spite of females increasingly following the same hazardous lifestyles as men, the discrepancy of their life expectancies seem to be getting ever greater. Even though women are attempting to smoke, drink and drug themselves to death at greater rates; in spite of increasing female deaths from suicides, homicides and accidents; female mortality rates in no way approach those of the male.[3] Females continue to be a lot tougher than males. Only two of many examples will serve to indicate this: (a) Fractures occur much more frequently in older women than in older men but men are more likely to die if they sustain similar fractures. (b) Widows are far more numerous than widowers, but losing ones spouse is much more lethal in the case of men who are more likely to commit suicide.[4]

Two predictions can be made with relative safety:

(a) There are going to be many more lonely older widows in the future needing a lot more social and health services. These older women are likely to demand more and better health care than older men do.

(b) The discrepancy between the average age of marriage of men and women will probably continue to decrease. This certainty makes a great deal of sense statistically but is being resisted by young women (who feel more mature than their similarly aged male counterparts) and by middle aged men (who may wish to retain a slight edge in age in the face of their increasingly liberated and equal partners).

Gerontological Non-Nutritional Factors

The location of the elderly has great importance as far as their health (and in turn nutritional) status is concerned. Older people are increasingly urbanized, metropolitanized and indeed 'megalopolitanized'.[1] This is not surprising, since it is in fact the trend of the general population which is growing older. There is relatively little migration of the elderly. When they move it is usually within the same municipality. A certain number of couples and more particularly widows, are moving off the farm and into nearby villages and towns; and to a lesser extent moving from the downtown areas to the suburbs in cities like Toronto. There has been a good deal of migration recently from east to west but it is largely confined to the young ("go west *young* man"). Migration of elderly Albertans to Victoria or Arizona represents a very small, although increasing, proportion.[2] Massive increases of elderly Canadians in the future, however, will be found mainly in the present more youthful suburbs of cities like Toronto, Calgary and Edmonton. These suburbs are simply unprepared for this increase, especially regarding the youth-oriented transportation and health systems. Residential pockets of elderly are to be found in rural villages and small towns. Proportions of 20% (or even 30%) 65+ are

not uncommon in Canada in such places. Older rural people have special problems — isolation, lack of transportation and lack of services. The needs of the very old (85+) in rural areas of Alberta are said to be particularly acute.[2] A balance must be maintained between the increasingly large numbers of more vociferous urban elderly and the smaller numbers of rural elderly who tend not to complain as much about their situation.

Family support is extremely important in keeping older people out of institutions. Daughters and daughters-in-law may well be more use in this respect than more health services or even better nutrition but they will be fewer in number and less available in the future.[1] Formerly available relatives are more likely to be working and have less time to devote to parents or grandparents. Also filial responsibility is more difficult to express with the degree of mobility in modern Canadian society (e.g. the parents living in Toronto and the kids in Calgary). There is no doubt that there is the same continuing affection and sense of responsibility toward aging relatives that there has always been. Ways must be found to allow this to be expressed such as:

(a) paying family members to look after relatives as an alternative to other employment — i.e. give them a real choice.

(b) assisting families who are supporting aged relatives at home by giving them relief periodically with such innovations (common in Great Britain) as day hospitals, summer and periodic admissions of the aged to institutions, much more and better home care services etc.

(c) helping family members who would like to live nearby, but not necessarily with, their aged relatives. More imagination needs to be shown in providing inexpensive apartment living near one another.

Another factor of great importance is accommodation. It is only recently that we have realized a lesson well learned in Europe i.e. that suitable housing arrangements can keep the elderly out of institutions a lot better and frequently a lot cheaper than more health services. Housing is probably next most important to family and of course income in this regard. In Alberta new legislation allows home-repair loans of $1,000.00 to the elderly which is certainly a good move. However a total of only 3000 apartments and cottages have been built by 1975 for the elderly in Alberta.[2] This is pitifully few and there has not been much variety available. As older people age they need more services such as laundry, meals etc. — so called 'hostel' accommodation. It is felt that Alberta's 'lodges' although they supply these, are much too institutional and lead to dependency. Britain fortunately did not have the money after World War II to build the 'medical palaces' and 'social service mausoleums' which we over-built in Canada and called hospitals, homes for the aged and lodges. They put their money into housing and home care. Older people, when given the choice want to continue to live in the same community; to be near (not with) relatives; and they want their own rooms. Other interesting developments are 'multicare accommodation' ('geriatric campuses') welcomed by the old-old; retirement communities ('leisure worlds') welcomed by the young-old and foster-home care which can successfully provide residences in private homes under constant supervision of a nearby institution. A great and increasing danger to be faced in North America is the increasing segregation of the aged in institutions, in recreation and in housing developments.[4]

Non-Nutritional Health Factors

Health care for the aged is inadequate in at least three ways: Unequal access, poor quality and lack of preventive care. *Access* — Physicians in many parts of Canada appear to be less and less interested in making home visits, even where there are plenty of physicians. If this is the case, then consideration will have to be given to an alternative

health professional, such as a nurse practitioner, who is willing and able to make such visits and report back to the physician. At this point, the homebound elderly have very unequal access to health services in many parts of the country. *Quality* – There is no doubt that our youth-oriented health system (as part of a youth-oriented society) is giving second class care to our senior citizens. Recent improvements have been noted: (a) leadership in certain parts of the country has been shown both educationally and in the community by an influx of well trained geriatricians. (b) the elderly themselves as they get richer, better educated and more urbanized are demanding better health care. *Prevention* – There is too much of a feeling among health professionals that primary prevention is useless after the age of 65. However lifestyle reminders should be made of the dangers of too much food; too little exercise; too much smoking, alcohol and drugs and even too little sex.[3]

Premature dependency on health and social service personnel must be avoided. Medical control or what Illich refers to as 'medicalization' of the system can make the older person dependent on the doctor and on his workshop, the hospital.[5] Similarly with dependency on social services. If it is possible for the older person to get to the service it is usually better for him/her to do so. A good example of this is the newer alternative of a 'wheels to meals' program rather than providing just a 'meals on wheels' service. Transportation is crucial to the elderly in getting them to relatives, church, shopping and doctor.

There is a great dearth of home care services in Canada. We must keep the elderly out of institutions as long as possible and maintain their independence.[1] In Alberta for example, in 1975 there was a total of only 500-600 elderly served by organized home care. This represented less than 1/2 of 1% compared with 26% in Sweden, 15% in Denmark and 11% in Norway.[2] There is a shortage of all types of home services, particularly of homemakers and foot specialists. The Federal and Provincial governments have finally got the message and are about to cost share a long list of home care services, transportation, information services, etc.

The Senate Committee on Aging estimated that in 1962-63 9.3% of elderly Albertans (65+) was in an institutional facility of some sort.[6] This was the highest rate of any of the 10 provinces. The next highest rate was in Ontario with 8.5%. This compared with Great Britain at the same time with some 4.5% of those 65+ in some kind of institution on any one day.[6] We have the uneviable record in Canada, of putting away a higher proportion of elderly into institutions than anywhere else in the world, with the possible exception of Holland. The Engelmann/Cornell Study[2] indicates that the 9.3% has now risen to 11% of elderly in so called long-term care and this doesn't even include those in general hospitals. This is well over twice the proportion in Great Britain. Why? Differences in geography, climate, family mobility, etc. are obviously important but it is felt that the main reason for this is the way in which we introduced our hospital and medical insurance. These most expensive parts of the health care system were brought in first of all and we proceeded to overproduce both hospitals and physicians. At this point we are desperately attempting to back-track. In Ontario an effort is being made not only to cut down on beds but even to close up hospitals. We are also attempting belatedly to close our borders to costly physicians whom we do not need. It is to be hoped that visitors from the United States present at this Conference will try to ensure that they do not fall into the same trap as we did when introducing their own forthcoming national health insurance scheme.

Recent Developments in Alberta[2]

Newer developments in Alberta may well put this province ahead of the rest of the country in delivering better health and social services to the elderly. First of all there has

been the formation of a joint Ministry of Social Services and Community Health with a Senior Citizens Bureau. As far as the elderly are concerned health and social services are inseparable but we persist in trying to keep them apart. Recent moves toward coordination at the federal level in the Department of National Health and Welfare and unitary departments in Quebec, Manitoba and Alberta are all welcomed in their provision of an integrated elderly health services delivery system. In Ontario the two separate health and welfare systems are fighting for territory (and fighting over the bodies of the elderly). Not only health and social services, but also housing, education and recreation are all closely related in a 'human resource' delivery system and it has even been recommended that a sub-Ministry of Aging might be set up in Ontario bringing all of these aspects together.

Training grants in gerontology and geriatrics have been made available in Alberta, giving an opportunity for physicians, nurses, social workers, etc. to get special training. Specialization is necessary in all of these fields, at least for the time being — advocacy of the needs and rights of the elderly and almost a missionary type of leadership is necessary at this point within the various professions. The new Canadian sub-specialty of Geriatrics within Internal Medicine is welcomed for these reasons. Sooner or later almost all physicians will be practicing geratricians but leadership in teaching, research and community services is necessary now.

Alberta has provided a lot more funds recently for what are called preventive social services (P.S.S.). These include home help, repair helps, chore helps, drop-in centres, outreach programs, information services, etc. This is certainly a step in the right direction.

All provinces are recognizing the importance of participation by the elderly in decisions affecting themselves. Senior Citizens' Advisory Councils have been set up in several provinces, including Alberta, with at least 50% of the members 65+. These councils are semi-governmental but can be very influential in pointing the way towards better services. Their validity partly depends on the elderly members. Although 'Grey Panthers', 'Geri-power' and 'Radical Gerontology' are not popular in Canada (un-Canadian?), there is no doubt that the elderly are more and more requesting, and indeed demanding, to participate at all levels in task forces, committees, commissions, boards, etc. They are increasingly intolerant of platitudes, clichés, euphemisms and stereotypes regarding the elderly. Care must be taken to have the representation of/by the elderly truly representative. Firstly it must not be mere tokenism. Also participation must not only include the rich, male, urban, conservative, anglo-saxon but also poor, female, radical and 'new Canadian' elderly.

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MOVING TO METRIC – HOME SEWING

by Mary Humphries, Seneca College of Applied Arts and Technology, Willowdale, Ontario

Home economists are deeply involved in the accelerating preparations being made for a positive public reception to the change over to buying fabrics by the metre. "M day" is scheduled for July 1, 1978. Any time from the New Year on, however, Canadian mills may take and fill orders in metric units. The primary textile industry has had a thorough and well-worked-out *Guide to Metric Conversion* completed for some time. This year a series of "public awareness" meetings are serving as the catalyst for cooperation among yarn and fabric manufacturers, wholesalers, retailers, consumers, educators and communicators to introduce metric units for home sewing and all textile arts or crafts. The associations represented have been: Primary Textiles Institute (PTI), Canadian Home Sewing Association (CHSA), Retail Council of Canada (RCC), Consumers' Association of Canada (CAC), Canadian Home Economics Association (CHEA) and, of course, the Metric Commission.

CHSA plans to have a kit ready for its members (suppliers but especially retailers) for their convention this fall, since they must be prepared by the end of the year for the metric change in 1978. Similarly, your CHEA committee is preparing a metric style guide for sewing plus a kit for those who instruct in fabric or yarn arts and crafts. Our target date for their completion is April 1978.

Before and at "M day" there will be special posters, news releases, store's decals, slogan buttons and conversion charts with staff trained to use them. For customers and students there will be measuring tapes and a booklet now being prepared by CHSA, CHEA and CAC representatives. All these are aimed to make the basics of buying in metric clear. Above and around it all, we want to convince the consumer that she will use the same total amount of material and pay the same amount of money to make a skirt. That is, it makes no difference if fabric of the same width is measured in metres and tenths of a metre instead of yards and quarters of a yard. There is a cost to metric conversion, but reputable retailers are taking great pains to ensure that the consumer is not "ripped off" along with her fabric purchase! CAC will also be keeping a close eye on this aspect of conversion.

Much has changed already – quietly and gradually. Pattern counter catalogues prepared overseas are all metric; paper patterns themselves have for a long time been multi-lingual and dual-dimensional; pattern envelopes are prepared in the U.S. and have metric units only on the part that is already "special" for Canada – the French language side. When the U.S. goes metric in home sewing, the English language part of the envelope will also show this – and not until then. The U.S.A. was officially committed to metric conversion in December, 1975, but with no target date for completion. Before many years, however, we may expect to read in English on pattern envelopes: body measurements in centimetres, amount of fabric or trim in metres and tenths, various widths of piece goods in centimetres and so on. (Pattern counter catalogues show two discrepancies from Canada's metric 'language' – we give body height in centimetres, while body height is in metres and tenths in the U.K., with a comma where we put a point for the decimal.)

As with most technical areas, the U.S. is moving fast and expertly into metric conversion in industry. Burlington Mills, a giant among the world's textile manufacturers, prepared a very convincing film exposition on staff reaction to metric conversion in its mills. It shows ordinary office, sales or mill personnel as they approached re-training to use of metric units. They were pleasantly surprised at the ease with which metric was accepted. U.S. textile mills are using the PTI *Guide to Metric Conversion.*

Conversion aids for knitting, crocheting or macramé work are already available through such firms as Patons and Baldwins and appear in their catalogues. These would make it possible to use an old pattern or tools; to buy supplies in metric; buy metric-sized needles or hooks; and to use a new pattern and old tools. Yarns have been on sale for some time in units and multiples of 25 g instead of ounces.

The information booklet being prepared will include a "plug" for the ease of taking window or couch measurements in metric units and calculating how much of a given width of fabric will be needed for drapes or slipcovers. This determination, in inches, feet and yards, has meant a horrendous calculation; it is a breeze in a decimal system.

Metric conversion in consumer yarn and fabric uses will be most successful where retailers, instructors or communicators are informed and positive about it. Home economists can do a great deal to ensure that success.

NATIONAL CONFERENCE '78

"ECONOMIC CHANGE — CHANCE OR CHOICE?" WILL BE THE THEME OF THE CANADIAN HOME ECONOMICS ASSOCIATION CONFERENCE TO BE HELD IN CALGARY, ALBERTA, CANADA, JULY 25-28, 1978.

Canadians are concerned about the problems which now exist. We as home economists should be able to understand and explain why the economy works as it does. We should also understand what attitudes are necessary to bring about change in economic policy of government, business, and the home. Our association was one of the groups to receive a working paper "The Way Ahead" which is a framework for discussion about the economic problems of Canada.

ECONOMIC CHANGE — Chance or Choice? The program committee is developing a program which will look at many aspects of family living. We have many ideas ranging from problems within the textile industry, matrimonial property law, costs of various types of housing, the economic cost of food additives to how to motivate people to change. It will be an educational and informative program which will focus on one of the most controversial problems of our time — The Economy of Canada.

Come prepared to attend a rodeo and barbeque — with lots of western hospitality! Time will be available for city tours and visits to Calgary's famous landmarks and excellent eating establishments.

We look forward to welcoming LESLIE HENRY, Federated Cooperatives Ltd., Saskatoon, who won the "complimentary registration" at the CHEA conference in Winnipeg last June.

There are some excellent accommodation options available. The conference will be held in the Convention Centre adjoining the Four Seasons Hotel. If convenience and easy accessibility are high priority items, you will find rooms for $38.00-$47.00 double occupancy.

If economy is important — "have we got a deal for you"! Accommodation at the Southern Alberta Institute of Technology (S.A.I.T.) including breakfast and round-trip bus fare to the conference is available on a first-come, first-serve basis for ONLY $15.00 . night. S.A.I.T. is a 25 minute bus ride from the conference and downtown Calgary — walking distance for the "participaction person"!

We believe we have an excellent program, a marvellous city to experience and we promise to provide the ultimate in Western Hospitality.

Y'All Come!

Co-Chairmen: Barbara Cousens — Marilyn Kaiser

A Year Later: A Report from the Executive Committee of the International Federation for Home Economics following the 1976 Congress in Ottawa

by Wanda Young, Ph.D., Vice-President, International Federation for Home Economics, Associate Professor at University of Saskatchewan, Saskatoon, Saskatchewan.

The Executive Committee of I.F.H.E. met in Paris July 9-13, 1977. The meeting included discussion of the thirteenth Congress held in Ottawa, Canada in 1976, work with international organizations, permanent committees, and future plans.

Evaluation of the Thirteenth Congress

Gertrude Gerlach, treasurer of the thirteenth Congress reported on finances. A report of preparations and conduct of financial aspects of the congress was prepared for future reference. A surplus of $29,628 was acknowledged by President Monica Tupay. She congratulated the Canadian Congress Committee on the report and the creative and effi-

cient manner in which the project was handled. Miss Isabelle Horne, past-president, thanked the Canadian Congress Committee for their work, excellently done.

The resolutions from the Congress are set out in Appendix A. Correspondence regarding the resolutions was received from a number of international organizations. The F.A.O. recommended that home economists write their national representatives regarding the F.A.O. program and budget policy, encouraging rural development and the inclusion of women in agrarian reform. The International Cooperative Alliance (ICA) recommended joint educational action with I.F.H.E. Other replies indicating cooperation with I.F.H.E. and interest in the Congress resolutions were: International Standards Organization, International Association of Educators of the Handicapped, International Association for Mass Communication Research, International University Women's Club, Red Cross Society, Associated Country Women, International Association of Catholic Teachers, International Landscape Architects, and World Health Organization.

President Monica Tupay recommended that I.F.H.E. organize an international section to circulate the Congress report and/or resolutions to the most suitable government authorities. Such sections have already been formed in Canada (with Dr. Jean Steckle as chairman of the CHEA International Section), Finland, Switzerland, and the United States of America.

Delegates are asked to report activities conducted in their countries, about the resolutions from the Thirteenth Congress, at the 1978 Council meeting in Ireland.

International Organizations

Status A was granted to I.F.H.E. by UNESCO on May 12, 1977. This was gained through co-operation and consultation "by the federation as a whole, by individual members and countries and by the secretariat of the Federation located in Paris". In addition to keeping the Director General of UNESCO informed about I.F.H.E. activities, to acquainting members of I.F.H.E. about UNESCO programs, to providing assistance with UNESCO studies, to assisting UNESCO in execution of its program, to inviting UNESCO representatives to I.F.H.E. Congresses, to reporting on assistance given to UNESCO's program, I.F.H.E. must now collaborate and expand activities of interest to UNESCO and promote international coordination. From December 14-17 I.F.H.E. participated in a symposium in Strasburg, France. Preparation is being made for a workshop For Effective Integration Of Population And Home Economics Communication to be held in Malaysia in early November 1977. An effort is being made to include papers written in Spanish in the I.F.H.E. Bulletin.

Work with UNICEF includes a statement of plans for the International Year of the Child, 1979. A special issue of the I.F.H.E. Bulletin will be devoted to the role of the home economist in solving educational and social problems of children and the family. Nutrition, clothing, hygiene, physical security and environment are important aspects to be considered along with the quality of relationships, parent education, psychological development, determination of policy about children, education and community attitudes. In addition to the publication, an exposition may be organized showing how countries represented in I.F.H.E. serve children, especially those who are handicapped. Can CHEA and the affiliated groups include issues relating to children in meetings and publications in 1979? I.F.H.E. would appreciate reports of such projects.

The Secretary General of I.F.H.E. Madame Odette Goncet visited the International Planned Parenthood Federation in London in February 1977. In future the two or-

ganizations might cooperate in educational programs directed toward better family life. At present this contact is exploratory only.

The World Council of the Teaching Professions organized a meeting about home economics in Mali, March 22-26, 1977. Madame Odette Goncet participated as an animateur in this seminar.

I.F.H.E. has been represented at the meetings of non-governmental associations by Madame Odette Goncet who participated in round table discussions, writing of resolutions, and was elected to the Liason Committee.

Permanent Committees

Regional Organization is under the jurisdiction of the vice-presidents. Mrs. Alberta Ollennu reported a meeting of six African countries to consider planning. Miss Maija Jarventaus reported that the number of languages in the European region created difficulties. German speaking members have had two meetings. Home economists in the Scandinavian countries are working on the definition of home economics. The United Kingdom has working parties considering the resolutions of the Thirteenth Congress. Asia and the Pacific Islands constitute a large territory. Miss Isabelle Horne reported that conferences will be held in India in November, in New Zealand in 1978 and Australia in 1979. Dr. Wanda Young reported that Canada and United States each have active international committees. A sub-regional meeting was held in Guatemala July 18-21, 1977, in Brazil in August, 1977. It is hoped that a planning meeting involving home economists from North and South America will be held prior to the 1978 council meeting for a regional meeting to be held in 1979. A day will be devoted to regional meetings at the 1978 Council in Ireland. Contact, communication and cooperation are essential for good decision-making and program planning for regional meetings.

The Statement of Home Economics requires re-examination. The statements of Helsinki and Ottawa will be sent to members for comment. Any suggestion for the definition of home economics should be returned to either the secretariat in Paris by December, 1977 or to Miss Maija Jarventaus in Finland for coordination. This report will be circulated prior to the 1978 Council meeting to enable delegates to make further contributions. Could provincial and local home economics associations in Canada establish study groups to contribute suggestions by December, 1977? The statement about home economics is in Appendix B.

Documentation was reported by Dr. Maria Thiele-Wittig. The international office would appreciate complimentary subscriptions to the Journals and Newsletters of Member countries. The Canadian Home Economics Journal is sent. Could provincial and educational and dietetic provincial associations send copies of their publications? There are many differences among home economists around the world. I.F.H.E. is trying to classify types of academic training. A questionnaire was distributed late in 1976 on this topic.

The Long Term Plan is essential to viability of I.F.H.E. In the past, the main objective has been to select a theme for the Congress and to implement Congress resolutions. In future, regions should play an important part in determining objectives and implementing policy. Member countries could be commissioned to work with international agencies in implementing the resolutions of congresses.

Organization of Congresses will be discussed in detail at the 1978 Council. It has been suggested that more Pre-Congress time be devoted to preparation of resolutions.. A *Resolutions Committee* chaired by Mrs. Margaret Fitch of the United States, was appointed. Suggestions for the 1980 Congress theme should be made to your representative by December 1977 for final decision at the 1978 Council.

Finance Committee is anxious to encourage more associate members. Twinning of countries was recommended, as some countries cannot send money out to other countries. An international bazaar at Council and Congress meetings might be considered.

Bulletin Committee requires articles. Themes for the Journals in 1977 and 1978 are listed in Appendix C. Criteria for selection of advertisers should be established.

Population Education is defined by home economists as concerned with decisions to better the life of the family and improve the status of women. Industrialized countries are also interested in demographic politics. Communication methods to be used by home economists should be studied.

Future Plans

The next *Council Meeting* will be held July 15-28, 1978 in Ireland. This period of time includes travel from Dublin to St. Angela's Teacher Training College in County Sligo where the Executive Committee will meet: a day for regional meetings; four days for Council Meetings at which the work described above will be discussed; a Congress theme will be selected and elections will be held and a 6 day tour of Ireland. Seven Canadian delegates or more will attend.

A regional meeting in 1979 in Colombia, Guatemala, Brazil or Florida is a goal for the International Committees in Canada, United States and Latin America. This will be open to associate members and delegates in the Western Hemisphere.

The Fourteenth Congress will be held in Manilla, Phillipines, in the third week of July, 1980.

I.F.H.E. provides an opportunity to share ideas with home economists in other countries. If you support the Federation you will assist the non-governmental organization to have input in determining policy about families and family members at the international level. Please renew your membership before January, 1978 and encourage your local and provincial organizations to discuss the resolutions and to define home economics.

**APPENDIX A. GENERAL RESOLUTION of the
XIIIth CONGRESS of the INTERNATIONAL FEDERATION FOR HOME ECONOMICS
19-24 July, 1976 — OTTAWA (Canada)**

Noting that the United Nations General Assembly has established 1976-1985 as the Decade for Women and recognizing that substantial portions of the World Plan of Action require the knowledge and techniques of home economics;

Recognizing that governments of all countries need assistance in planning and implementing home economics programmes; and

Observing that assistance of this kind is included in the mission of the U.N. specialised agencies particularly FAO, WHO, UNESCO, UNICEF, UNFPA.

The XIIIth Congress of the IFHE recommends that these specialised agencies in relation with ECOSOC and particularly FAO, WHO, UNESCO, UNICEF, UNFPA, should consider ways to assist countries:

(1) to ease the burden of women in their home and family responsibilities through application of technical and scientific knowledge.

(2) to help both men and women to perform more effectively their responsibilities.

(a) for health and nutrition

(b) for household food production, preservation and storage

(c) for management of family resources

(d) for care and education of children

(e) for the selection and maintenance of housing, and personal and household possessions

(f) the economic and social development of their countries

The IFHE recommends also that the United Nations consider means for providing the specialised agencies with strengthened budgetary support and administrative structure for implementing these programmes.

RECOMMENDATIONS

PREAMBLE

Home economics should become more concerned with transmitting a basic set of values which could improve living standards for each individual and promote better understanding between the peoples of the world in order that they may live and not just survive.

In view of this, they should create more public awareness of the potentialities and problems of both individuals and families and should use every opportunity to influence political decision-makers, at all levels, in matters concerning the improvement of the quality of life.

I. POPULATION

Whereas

the likely increase in the world's population, up to the year 2000, is a subject of serious concern,

Recognising that

the choice in number and spacing of children should be the responsibility of the parents and depends on their values, attitudes and situation,

Recognising that

the choice also depends on the economic, social and cultural environment of the community of which the family is a member,

The IFHE recommeds that:

(a) the need for different approaches to the solution of population problems be universally recognised, taking into account the differences in cultures, religions sensitivities and social conditions;

(b) home economists must be more aware of the situation and have the benefit of the necessary training, so that their programmes adequately deal with these problems at all levels and for both sexes;

(c) due account be taken of the results of research concerning ways of approaching the problems and of disseminating knowledge on these matters.

II. FOOD

Whereas

the problems connected with nutrition which are apparent at world level, resulting from either deficiencies or abundance, are the concern of each person, family and country — whatever their individual or national resources,

Recognising that

home economists have expertise in nutrition and in the management of family resources,

The IFHE recommends

that each home economist concerned with either formal or informal education:

(a) brings up to date regularly her/his teaching concerning progress resulting from scientific, technical and economic discoveries;

(b) studies food habits of families in order to adapt nutrition education appropriately to all ages, taking into account different cultures, levels of living and the resources of the country;

(c) becomes aware of social, economic and political international systems, so as to understand what resources are available and how they should be efficiently managed;

(d) indicates the possibilities of selecting a balanced diet at different costs and utilising different resources;

(e) encourage, where possible, the production, utilisation and conservation of fresh foodstuffs.

III. ENERGY

Whereas

the supply and cost of energy are limiting factors,

Recognising that

quality of life depends not only on increased consumption of energy,

The IFHE recommends

that home economists:

(a) endeavour to bring about a change in behaviour concerning the responsible use of energy;

(b) make use of, or carry out, comparative studies on the costs of energy;

(c) supports research on alternative sources of energy.

IV. HUMAN SETTLEMENTS OF THE FUTURE

Whereas

Conditions of family life are changing,

Recognising that

home economists are trained in the management of the resources of the family,

The IFHE recommends that

home economists:

(a) help individuals to adapt themselves to these changes;

(b) ensure that neglected values are recognised and appreciated: e.g. respect for everyone's personal values, freedom and life style are taken into account in the design of human settlements;

(c) co-operate with responsible bodies and architects to ensure that the design of basic housing contributes to physical and psychological well-being (notably sufficient living space, opportunities for privacy, access to outdoors, accommodation suitable for several generations to meet or live together etc . . .), taking into account the resources available and traditional ways of life;

(d) use practical projects in their programmes which are of such value that they enhance the quality of housing;

(e) take part in and encourage research in any field concerned with human settlements.

APPENDIX B. STATEMENT ABOUT HOME ECONOMICS

Home Economics is the knowledge which allows for a harmoniously organized family life, in order to satisfy, under the best possible conditions, the physical, socio-economic, aesthetic, cultural, emotional and intellectual needs of all members of the family and their relationship with the community.

Home Economics is an applied science subject and not a pure academic discipline in itself and is therefore dependent on different academic disciplines.

PHILOSOPHY

The basis and goal of Home Economics is the acknowledgement of the value of family-centred life.

It is essentially dependent on techniques and sciences used as a means, not an end.

It is a constantly changing field of study which must be able to adapt itself to the changing situations in the socio-economic and technological fields.

Home Management is much more than the mere unfolding of all social and economic functions concerned with meeting the needs of family members. Nor is it limited to general home-making. Home Economics influences the general activity of human beings and affects the attitudes of the individual, the family and the community, to life.

OBJECTIVES

(a) General

To contribute to the mutual enriching of the family group and its members in consideration of the community in which they live, and to the development of which they contribute, by providing the basic knowledge required related to the physical, biological and social sciences and the arts.

(b) Specific

(1) To select and disseminate knowledge in the fields of food, clothing and housing.

(2) To improve nutritional standards and give basic training in cookery with the better use of all resources.

(3) To free people from outdated domestic tasks and lead them to an attitude of mind which appreciates the need for economy in time, energy and resources.

(4) To help people to adapt themselves to changing conditions and resolve the different problems met in the various circumstances and stages of life.

(5) To study the psychological, social and emotional needs of the individual and the family in order to create a home and community environment conducive to the health of all.

LEVEL OF EDUCATION IN HOME ECONOMICS

(a) Formal Education:

(1) Primary schools

(2) Secondary schools

(3) Technical Colleges

(4) Teachers Training Colleges

(5) Universities

(b) Continued Education:

(1) Adult education with extensive courses given by Home Economics advisory workers in rural and urban centres and information disseminated through mass-media.

(2) Education of particular social groups, e.g., physically handicapped and socially deprived.

(c) Research:

Research work, especially in the scientific fields of nutrition and ergonomics, can be stimulated by the study of Home Economics.

FUTURE DEVELOPMENTS IN THE TEACHING OF HOME ECONOMICS

(1) Home Economics should be made compulsory for girls and boys at all levels of schooling.

(2) In higher education, more University departments of Home Economics should be established.

DOMAINS

There are many domains in which Home Economics is involved, since they relate to the essential needs of the individual:

(1) Food and Nutrition

(2) Housing and Environment

(3) Textiles and Clothing

(4) Home Management

(5) Family education in all its aspects:

- (a) Money management and consumer education
- (b) Inter-relationship between family budget and market
- (c) Health problems
- (d) Family mental and artistic life
- (e) Use of leisure
- (f) Child development, social and family relationships.

APPENDIX C. Tentative themes for the I.F.H.E. Bulletin

September 1977:	Home Economics and Industry
December 1977:	Home Economics and the Handicapped
March 1978:	Home Economics and Rural Life
June 1978:	Home Economics and the Psycho-Sociological Environment
September 1978:	Home Economics and the Family Budget

APPENDIX D. Addresses

1. Mme. Odette Goncet, Secretary General,
   Federation Internationale Pour L'Economie Familiale,
   64 Avenue Edouard-Vaillant,
   92100 Boulogne, France.
2. Frau Monica Tupay, President,
   Professor am Bundesseminar fur das
   Landwertschaftlieche Bildunjswesen,
   Angermayergasse,
   1130 Vienna, Austria.
3. Dr. Wanda Young, Vice-President,
   College of Home Economics,
   University of Saskatchewan,
   Saskatoon, Saskatchewan,
   S7K 2M6, Canada.
4. Miss Maija Jarventous, Vice-President,
   Head of the Department for Home Economics,
   Luotsckau 88 B13,
   00160 Helsinki 16, Finland.

Home Economist Image Study — a Synopsis

Betty Ann Crosbie, Member
CHEA Professional Development
Committee

In preparation for a planned public relations program, the American Home Economics Association commissioned an image study, which was carried out by the prestigious business research firm of Daniel Yankelovich Inc., in 1974. The two-phase study involved a series of in-depth personal interviews (26), followed by a larger number (79) of telephone interviews. Those surveyed were mainly individuals who had some awareness of home economists, but who were themselves outside the field. These included businessmen, academic and government administrators, legislators, and individuals from the media.

It is perhaps useful to clarify, as does the report of the study, the distinction between "image" and "identity" as they are used here. An image is a composite of a series of subjective evaluative judgments, and is best understood when measured against the reality of a factual identity.

The report of this study offered specific guidance to the AHEA for use in its public relations project. It also contains insight into some basic issues related to home economics which have significance for the Canadian Home Economics Association.

MAJOR FINDINGS

The study showed conclusively that employers are limited in their understanding of the field of home economics and of the scope and skills which the home economist can offer. Seven out of ten respondents said that "the home economist's major function and real role in society is relatively unknown."[1]

Furthermore, the possible job functions for home economists suggested by these respondents were extremely varied and unrelated, showing the extent of their confusion. In fact, many respondents had difficulty thinking of any job functions that applied to home economists. The conclusion was that home economics has no clear identity "out there".

Also, the study revealed rather dramatically a public image of home economists which consisted of "a confusing series of polar-opposite stereotypes which tend to foster avoidance behavior on the part of employers or to foster spotty employment."[2] On the one hand, home economists were seen by some as bright, skilled and diligent; on the other, they were viewed by others as dull, traditional, and limited in creativity.

Among the maze of stereotypes revealed, two were most pronounced. The first was that of home economists as task-oriented doers, suppliers of information, rather than as thoughtful, creative professionals. The second clearcut image was, not unexpectedly, that of "teacher", although other specifics, such as "dietitian" were mentioned frequently. The study suggests that these stereotypes, plus the confused image in general,

[1] AHEA Image Study, page 14

[2] Op Cit, page 6

constitute a reason why home economists face some limitations in career opportunities and move infrequently into administrative positions.

SPECIFIC ADVICE OFFERED

On the basis of these findings, the advice to the AHEA was to design a public relations program which would clarify exactly what a home economist does and does not do, and thus create a clear, consistent identity. It was recognized that overtures to specific employer groups would have to stress specific capabilities related to that employer group's needs, but such overtures should be fitted into an overall package of the home economics identity. Job title terminology might be developed in the manner of some other professional groups, such as engineers, where specialities have their own clear designation under a general title.

Only when this *identity* is established would it be possible to build a public *image* that would stress the positives of the present image (skilled, resourceful, etc.) and so cause the negatives (non-creative, conservative, etc.) to slowly recede into oblivion. Significantly, the consultants urged the AHEA to be forceful and aggressive in communicating this new image, rather than patient and demure. A specific suggestion was to emphasize professionalism in this image, in order to de-emphasize the reputation of home economists as only performers of tasks, rather than as creators of plans and programs.

OTHER ISSUES

After offering these specific suggestions, the report went on to discuss some deeper issues raised by the responses. One of these was that old perennial querie of whether to change *the name.* The uncertainty about the name, home economics, was seen by the consultants as symbolic of the overall confusion as to its identity. There was no clear viewpoint among the survey respondants regarding change of name, though it appeared to have validity for some in the educational sector. Yet, it appeared to the consultants unwise to proceed further with a name change for the discipline, as this would only compound the problem of public understanding. We would be wise to use our resources to clarify the cloudy image of the present name, rather than to start again with a new one. This suggestion, however, to maintain the traditional name does not imply any need to limit the scope of home economics to the traditional subject areas. On the contrary, whenever new and relevant material, for example, ecology, appears it can be legitimately incorporated within the discipline, regardless of what name we use.

The polar-opposite image of home economists observed in responses was seen as understandable, given the diverse concepts of the scope of home economics held by those closest to it — home economists themselves. They range from those who would keep the subject area narrow and specific, to others who would broaden it out to encompass many new subject areas, i.e. sociology, law, "quality of life", and many others. To this dichotomy the consultants could offer no answers. Those within the field, home economics educators in particular, will have to chart a course toward a consensus on what home economics is really about. To make gains in this difficult direction would do more to effect progress towards a new, stabilized image than any other action which we could take.

The CHEA Professional Development Committee, under Jennifer Welsh, recently obtained this study and felt that CHEA members would be interested in its contents. This committee is planning to undertake presently a survey of CHEA members which we have dubbed a 'Reality' survey. The findings of this study may compare or contrast interestingly with the results described here. We hope you will participate.

PROFESSIONAL DEVELOPMENT SESSION of the 1977 CHEA Conference "Take Stock — Take Action"

SUMMARY OF DISCUSSION

The following points summarize the discussion by 200 participants of four areas of concern to the Professional Development Committee of CHEA. Any responses or comments can be directed to the committee c/o Jennifer Welsh, Ryerson Polytechnical Institute, 50 Gould Street, Toronto, Ontario, M5B 1E8

1. **Role of the National Organization:**
   - many expressed resentment over high fees, but appeared to appreciate understanding how money was spent by CHEA and that a deficit budget has existed in recent years;
   - CHEA should promote intangible benefits of membership such as a "stronger image" for the profession, and representation on policy issues at the national level;
   - more promotion of CHEA should be done at the universities, especially in the graduating year;
   - need to promote the idea of joint membership in all the provinces; this should be encouraged on a trial basis;
   - CHEA should set standards and encourage updating by provision of bibliographies and other resources, short "portable" courses and ideas in the newsletter;
   - CHEA should encourage exchange of provincial newsletters;
   - CHEA should encourage more research on the family (rather than food and nutrition, clothing and textiles);
   - leadership roles assumed by CHEA members *outside* the profession improve the image of the profession;
   - need to "police" membership more regarding qualifications, and possibly updating.

2. **Employment Problems and Registration:**
   - employment issues should be dealt with at the provincial level or locally or individually; it is not the responsibility of the national organization;
   - universities should teach or provide guidance on job search techniques;
   - CHEA should encourage stricter standards and promote the idea to employers that CHEA membership provides a 'guarantee' of professional quality;

- there is a need at local and provincial levels to protect the public against unqualified people who provide the services of a home economist; CHEA should prepare a position paper on this;
- some Alberta Home Economists mentioned that they were forced to join unions at certain levels, because their professional group is not registered;
- there is a need for more information on registration of professions; provinces should share experience and efforts in this regard.

3. Image, Name Change and Homemaking as an Employment Category:

- while many dislike the name "Home Economics", the general feeling was that it should not be changed;
- while the name of the field is often not highly respected, very often the individuals who practice in the field are;
- need to educate people as to the wide scope of the profession;
- image improves through public relations efforts such as speakers bureaus;
- CUTHE should encourage professionalism and membership in CHEA;
- the feeling regarding homemaking seemed to be that it was not an employment category for home economists; however, homemakers who are temporarily unemployed are still home economists if they have met the qualifications.

4. Continuing Education and Academic Standards:

- both universities and the professional organizations should take leadership in the provision of continuing education materials and courses;
- courses sought might be in recent research techniques, business and communications;
- CHEA should coordinate a sharing of continuing education programs with other professional associations;
- each province should do an exhibit at the annual conference;
- policing of academic standards should be done at the provincial level;
- some felt that certain courses should be required if a home economist had not practiced for 10 years and wished to re-enter the work force.

Deadlines for submissions for C.H.E. Journal

January issue November 1
April issue February 1
July issue May 1
October issue August 1

Report of C.H.E. Journal Questionnaire Annual Convention, Winnipeg 1977

The C.H.E. Journal Committee put out a questionnaire at the time of the Annual Convention in Winnipeg. It is intended to repeat this at each convention in order to get an annual feedback from the members and it is hoped that you will continue to respond. Only three questions were asked. Twenty-nine papers were returned.

(1) Re – The Title. There was a general consensus that the present title is satisfactory and it reflects the name of the association.

(2) In answer to "What are some of the issues you would like to see presented in future editions of the Journal, some commendable suggestions were made. These include:

- (a) The utilization of themes for the year.
- (b) More articles on the family.
- (c) Add a response-sharing column.
- (d) Reports of community and political action taken by groups across Canada.
- (e) How Home Economics can support the objectives of native people.
- (f) A reaction to Sybil Shack's address at the annual conference.
- (g) More emphasis in Canadian research on the family.
- (h) More on financial management.
- (i) Strengthen research content.
- (j) Further stimulation to get on with metric conversion.
- (k) Articles to assist teachers to do a better job of teaching nutrition.
- (l) More on the actual proceedings of the Association.
- (m) Reports on some of the more interesting or different activities of local associations.
- (n) Issues on nutrition and child care.
- (o) Each issue to have at least *one* progress report and or item on activities of one of the *standing committees* and or special committees.
- (p) Articles on how to motivate families to limit consumption now and in the future.
- (q) Role of men in home economics.
- (r) Profiles of newly elected board members.
- (s) Exhortations and/or suggestions to home economists (retired permanently or temporarily) to identify themselves as home economists in their community and region.
- (t) Housing trends for the 1980's.

(3) With reference to the question would you like to have tapes or xerox copies of conference presentations available for sale at the time of delivery rather than include these in the Journal? Nineteen preferred xerox or tapes. Eight replies were negative and two wanted both.

QUO VADIS?
Family Life Education in Canada Past, Present and Future

*by Dolores L. Shymko*** *PhD.*

INTRODUCTION

Historically, family life education, as a separate entity, is a relative newcomer to the school curriculum. The ever increasing visibility of the many social problems threatening the survival of the family during the past ten years, such as: disintegrating family relationships, an increasing divorce rate, rising statistics on venereal disease and illegitimacy, and raging drug abuse, have accentuated the need for public action. As a result, there has been relatively positive reaction to the introduction of family life education programs in the schools in various parts of Canada. Although many of these programs were created within an atmosphere of uncertainty with regard to what should constitute the appropriate content and the underlaying philosophy, they have acquired increasing educational integrity, and even special prominence, in relation to what has become to be considered the social function of the school. Family life education apparently has found its niche from which it can now improve and develop its role.

The purpose of this article is to examine some aspects of the evolution of family life education in Canada within the past fifteen years. The information to be presented will focus on the historical development of this field in the past, will analyze the present status of this subject in Canadian schools, and will hypothesize about possible challenges that will be faced by those involved in family life education in the future. This discussion of family life education is concentrated on its expansion in Canadian schools, although an increasing amount of family-oriented educational services are now also available through other community agencies.

THE PAST SEARCH FOR AN IDENTITY

The evolution of family life education in Canada has been characterized by an "identity crisis". This search for an identity has been dominated by three issues: what family life education actually is (or should be), what specifically is Canadian family life education, and who should be involved in and responsible for the teaching of family life education. These issues have not been resolved entirely, as yet. However, the discussion that follows suggests how they have been dealt with, thus far.

WHAT IS FAMILY LIFE EDUCATION?

The attempt to provide a standard definition of what family life education actually is

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has not been unique to the Canadian situation; the issue has been enthusiastically debated in numerous countries throughout the world. The strong impact of unique cultural and geographical influences on family living dictates that family life education is not a monolithic subject with a readily defined content. By necessity, it is a reflection of the needs of the family unit considered within the context of the particular social environment.

In the past, family life education has appeared in the school curriculum in many guises. It was frequently incorporated as a part of courses in health, physical education, biology, home economics, and religious education. More recently, it also has been included in school programs related to values education, human awareness programs, and guidance courses. The scope of the family life education that was provided varied in accordance with each of these subject areas. Thus, the "early pioneers" in the family life education field in Canadian schools were the health and physical education teachers, the home economists and biologists, and those involved in religious education.

A perusal of current literature in the field provides numerous definitions of the term family life education. An analysis of these many definitions indicates that the distinctive feature of this type of education seems to be that it deals with various aspects of interpersonal relationships within the context of the family unit. However, the specific topics that can be discussed within this broad conceptual framework are numerous.

The two terms that are most frequently used to describe this type of education are family life education and sex education. Indeed, these two terms are often used interchangeably. This mingling of terms has lead to much confusion on the part of both the public and educators, who have a vested interest in the subject, as to what schools are doing in these subject areas. A closer examination of current literature indicates that the term family life education is favoured, as it implies a broader approach to the discussion of intimate human relationships. The term sex education has become somewhat maligned, as it has often been used in a rather narrow sense to deal more exclusively with the reproductive and sexual functions of the human body. An analysis of the type of education associated with each of these two terms suggests that some programs in family life education have deliberated about the family without discussing sex, while some programs in sex education have talked about sex without mentioning the family. The debate concerning the desirable relationship between these two topics continues unresolved. However, there are indications that the two conceptual approaches that have been used in this type of education are merging. In his introduction to a recently published book examining specific aspects of sexual behaviour in Canada, Schlesinger (1977) observed: "In fact, it is impossible to discuss family relationships and functions without including sexuality and sexual patterns involved, and equally so to discuss sexuality outside the context of the family and its relationships".

The working definition of the term family life education that was used by Elkin (1971) in an extensive survey study to ascertain the extent of its acceptance in Canada was: "Any activity by any group or medium aimed at imparting information concerning family relationships and providing the opportunity for people to approach their present or future family relationships with greater understanding". This definition considered the discussion of such topics as: husband-wife relationships, parent-child relationships, child care and development, sex education, dating, family planning, marriage counselling, and personal development within the family structure, as a part of family life education. It did not consider the specific teaching of religious and moral doctrines, issues about poverty, health, nutrition, home economics, and etiquette to be part of this definition. The conceptual definition of family life education used by Herold, Kopf, and de Carlo (1974), in a study of student responsiveness to family life education, stated:

"Family life education is the study of individual roles and interpersonal relationships, family patterns and alternate life styles, emotional needs of individuals at all ages, and the physiological, psychological and sociological aspects of sexuality".

WHAT IS CANADIAN FAMILY LIFE EDUCATION?

It is equally difficult to provide a standard definition of Canadian family life education or to determine whether it actually exists as a distinct phenomenon. Several factors have directly influenced those characteristics that have merged as specifically "Canadian" in relation to family life education. The first factor is that education in Canada is the legislative responsibility of the provincial governments. Thus, there are geographical variations and very distinctive local differences that have affected the emphasis that is stressed in the numerous family life education programs that have been established throughout Canada. As a result, possibly the one definitive statement that accurately describes Canadian family life education is its diversity.

Another important factor that has influenced the evolution of family life education in Canada has been the notable lack of empirical research concerned with identifying the unique features of Canadian family life. As in many other fields of education, initially there was a tendency to resort to American, and also European, data that were readily available, for obtaining basic information pertaining to family living. More recently there has been a concerted effort to develop a specifically Canadian approach to the topic on the part of both researchers and educators who are interested in understanding the complexities of family life in Canada. The need for future research with regard to almost ,all aspects of Canadian family life has been widely recognized. Numerous current publications in this field have begun to provide much needed empirical information (Ishwaran, 1971; Schlesinger, 1972; Wakil, 1975). The results of future studies in this area will play an important role in shaping subsequent developments in family life education.

An additional factor that has contributed to the evolution of family life programs in Canada has been its relatively positive acceptance by the public. The extreme controversies to the introduction of family life education that occurred in many school districts in the United States have not been characteristic of the Canadian situation, to date. However, its inception has not been without incident. Probably the most forceful example of active public opposition to family life education was in Calgary, Alberta in 1969. This controversy has continued to the present, although it was greatly alleviated by making the program an optional part of the school curriculum. There also has been some additional opposition to the introduction of family life education from parental groups in Ottawa separate schools who questioned the appropriateness of discussing sexual topics in the classroom. Apparently, the majority of the public criticism that has occurred in Canada has been directed at the parts of the program that deal with sex education.

The reason for this relative lack of controversy in most parts of Canada, in the opinion of the present author, may be attributed to two factors. It may indicate that in keeping with our rather conservative national character, we have not allowed the more controversial issues that are associated with family life education to be aired fully. The lack of conflict does not necessarily mean that there is a consensus of agreement with regard to what is the appropriate content of family life education. Hopefully, the debate on this issue is yet to come, as the public becomes more familiar with the programs that are now functioning in the schools.

Another further explanation for the lack of conflict is that the Canadian model for implementing these programs has paid rather close attention to local community needs

by attempting to incorporate the aspirations of both the students and their parents. In many programs, a concerted effort has been made to avoid providing purely factual information, particularly with regard to the parts that deal with sexual information. Ideally, family life education deals with many relevant social issues that are being faced by families and individuals in today's society.

THE PRESENT STATUS OF FAMILY LIFE EDUCATION

Several extensive survey studies of the status of family life education and sex education in Canada have provided descriptive summaries that outline the expansion of numerous programs in Canadian schools. As previously noted, education in Canada is under the jurisdiction of the provincial governments, thus, these surveys are predominantly comparisons of geographical variations examining both the similarities and differences in existing programs.

In 1964, a national survey of the ten provincial departments of education, and 55 major urban school systems, was conducted by the Canadian Education Association to determine the status of sex education in Canada. (It should be noted that this study used the term sex education rather than family life education). This survey reported that throughout Canada at this time sex education was not usually taught as a separate subject, but was incorporated into other subjects such as: physical education, health, science, home economics, and guidance. In the province of Quebec, sex education was taught as an interdisciplinary subject in conjunction with hygiene, biology, and ethics. According to this report, sex education involved many professional persons that included teachers, counsellors, school nurses, and various guest speakers. Illustrative samples of lesson and curriculum materials, films, and course outlines that were used in teaching sex education courses in various parts of Canada at that time also were included in this study.

A more recent and very extensive study of family life education in Canada was completed in 1971 by Elkin under the auspices of the Vanier Institute of the Family. Although this study and the CEA report were vastly different in format, a superficial comparison of their findings indicates the expansion of the concept of sex education in the seven year period between their publications, as well as the increasing importance given to the subject as fulfilling a significant role in Canadian schools.

Although the schools in the Elkin study were not a random sample, they did represent a fairly comprehensive geographical sampling from both urban and rural areas. The results indicated that family life education was the exception rather than the norm in Canadian schools. Most of the existing programs had been introduced within the past ten years. Ontario, Saskatchewan, and British Columbia had the largest number of courses, respectively; the maritimes the least. Family life education programs were most often found in large communities and cosmopolitan school districts. They were usually in schools that were large, segregated (male-female), non-religiously affiliated, and English speaking; and that had many senior classes, formal counselling services, and innovative curricula. The initiators of family life courses most frequently had been the teachers themselves, in conjunction with local school boards and the provincial departments of education.

The lack of open controversy to family life education courses in Canada has already been noted above. In this survey of Canadian educators involved in family life education, Elkin found that the major issue was not whether or not there should be such programs in the schools; but rather what information should be taught, who should teach it, and who should administer it. The major problems that were involved in the introduction of family life education were related to lack of qualified staff, inadequate

teaching aids, as well as other practical limitations. Community reaction, criticisms by higher school authorities, and lack of student interest were not reported as being significant obstacles to establishing programs. The subjects from the schools in this sample that did not already have established programs expressed more concern about parental and community criticism than those representatives from schools with already established programs. Approximately one in four of the schools with existing programs reported that they had about 55% of the parents participating in the courses.

The major function of family life education in the opinion of the educators in this sample was to deal with and to alleviate the effects of the failure of other social institutions, including the family, in facing many current issues related to family life. Family life education was taught as part of health and physical education, guidance and home economics in a vast majority of the schools surveyed by Elkin. However, there appeared to be an increasing trend to the establishment of a separate course designated as sex education. The course content of the existing family life education programs in the schools surveyed, in order of emphasis given to the topics included: sex education, boy-girl relationships, intergenerational relationships, and marriage; other topics that were also frequently mentioned were home management, consumer education, drug education, and interpersonal relationships. The educators in this sample supported starting sex education in the elementary school and discussing specific topics about sex at the appropriate age level.

Further public support for the expansion of family life education programs in the schools has come from many varied professional sources. The annual conference of the Canadian Medical Association in 1964 passed a resolution endorsing the teaching of sex education in schools. In 1970, the recommendations of the Royal Commission on the Status of Women supported the teaching of family life education from kindergarten to adulthood that would include the discussion of the biological, psychological, and the sociological aspects of personal relationships. The federal government, through the Family Planning Division of the Department of Health and Welfare, has given its support by providing information and encouragement for family life education since 1972. In a survey of the "Purpose of Education" completed by the Canadian Education Association (1973), a majority of the respondents (that included students, educators and the public at large) supported the viewpoint that the school should be involved in sex education; and that this education should go beyond providing information about human growth and development and deal with controversial issues associated with the topic.

THE FUTURE CHALLENGE

Any predictions about future developments in family life education in Canada must be based on the achievements and the efforts of the past. Thus, it would seem reasonable to assume that family life education will continue to be an integral part of the school curriculum in all parts of Canada. There appears to be an increasing recognition that the school has a significant role to play in improving the quality of family living in Canada. The introduction of family life education was based on the assumption that the school can contribute to the social development of the individual through the encouragement of the strengthening of family relationships; thus, it will likely continue to function within this frame of reference.

Any evaluation of the future challenges to be faced by the family life educator is hypothetical speculation. It is beyond the scope of this paper to delineate in detail all of the probable challenges that must be dealt with in the future. Thus, only a rather superficial analysis will be indulged in at this time.

There are definite indications that these future challenges will be linked to some of the major social issues that are facing the Canadian society at large. An examination of current educational literature and proposed conference agenda for the meetings of various educational societies suggests that there will be much future discussion about the extent to which the school should be involved in an re-examination of the values that have been traditionally associated with Canadian family life. Some likely issues to be considered are what values and whose values should be discussed in the classroom. Also of future importance is the recognition in family life education programs of the impact of changing sex role patterns on the family structure and its influence on individual behaviour. In addition, many Canadians are questioning what qualities of living will be needed in making future decisions, as they make the transition from the consuming society of the past to the conserving society of the future. Even the concept of what constitutes a "family" is being reconsidered, as due recognition is being given to the function of many alternative family forms in today's society.

A very recent study of family life education in Canadian schools, that was completed by Déiseach (1977) for the Canadian Education Association, reported that 21% of all of the schools in Canada have a family life education program. On the basis of the present rate of expansion, this author predicted that by 1978 one-third of the schools in Canada would have programs in this subject.

These are only a few of the considerations that already are making an important impact in preparing for the challenge of the future. The aim of this paper has been to stress the significant role that the family life educator has made in the past and will be called upon to assume in meeting the future challenge. Only time will determine the extent of the contribution that will be made through family life education, in further alleviating the perennial social problems that threaten the welfare of the family in Canada, thereby, promoting stronger families, healthier individuals and a dynamic society.

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FAMILIES AND THE ECONOMY COMMITTEE

During the Fall of 1977, a CHEA special committee named Families and the Economy Committee was formed with Shirley Myers serving as chairperson.

The committee was struck in response to the Board of Director's decision, "to offer assistance to government agencies in helping to prepare Canadians for the period following the lifting of wage and price controls."

Prior to the committee's formation, a cooperative pilot project between CHEA and the Anti Inflation Board was underway. A workbook titled, CONVERSATIONS ABOUT ECONOMIC CHANGE, has been published by the AIB with credit given to CHEA as a joint sponsor. Copies of the workbook are available, at no charge, from the AIB, P.O. Box 1750, Ottawa, Ontario K1P 6B1.

The following is a statement by Doris Badir regarding this cooperative project.

"As President of the Canadian Home Economics Association, I am pleased that home economists have been able to cooperate in the production of this workbook to help Canadians to better understand and cope with the problems of inflation.

The workbook was put together over the summer in order to have something in the hands of individuals and groups as they planned fall programs. it is of a pilot nature and we invite feedback. It was not written for classroom use, but rather for informal discussion groups among community members or in more formal organizations. It could be adapted for use by teachers merely by changing the examples or reordering the subject matter.

Groups using the book may find that they need more information. Finding information sources is part of the learning experience and users of the book are encouraged to search for resources in their own community.

Some of the exercises may be overly simplistic for the group using the book. They are meant to be merely a guide to users. Development of exercises appropriate to each group of users is part of the 'learning by doing' philosophy inherent in the production of the workbook.

It is to be hoped that home economists and others will benefit from the workbook. We encourage its use and moreover invite your further participation in the project through feedback."

Home economists using the workbook are invited to provide feedback on its use to the Families and the Economy Committee. Inquiries regarding the committee's work can be sent to Shirley Myers, #1003, 9808 — 103 Street, Edmonton, Alberta T5K 2G4.

Research Supplement

Household Textile Fires in Alberta

E. M. Crown, Associate Professor, Faculty of Home Economics, The University of Alberta.

Research conducted at the University of Alberta January, 1974, to March, 1976.

Acknowledgements

The author wishes to thank Laurie DeGrace and Elaine Bitner for their help in interviewing and textile analysis; the many fire departments involved for their co-operation in the collection of data; and Canada Consumer and Corporate Affairs for financial assistance.

Abstract

The purpose of this study was to investigate several factors which contribute to the flammability hazard of household textile products. Fires in which household textiles were the first product to ignite or were quite instrumental in spreading the fire were reported by fire departments throughout the province of Alberta. Samples of remaining textile products were forwarded to the researcher for analysis. Where possible, interviews with the persons most closely involved provided demographic data and information about the circumstances surrounding the accident.

Deaths and injuries resulting from household textile fires were mostly asphyxiations. There were many fires involving upholstery, mattresses and other bedding items. A high incidence of cellulose and its blends was evident for many products. Smoking materials, especially cigarettes, were involved in a large proportion of the fires.

Introduction

The flammability of textile products is of great concern to textile researchers, to the medical profession, and to government agencies. Canadian standards that have been set under the Hazardous Products Act will eliminate from the Canadian market those fabrics which are classified as dangerously flammable when tested in accordance with ASTM Method D1230-61. In addition, fabrics of intermediate flammability will not be allowed to be used for children's sleepwear or for bedding, and the flammability of carpeting has been regulated. Since the fabrics involved in many fires are considered to be of normal flammability, however, it may be necessary to set more stringent standards for some products.

Flammability standards are only useful when the criteria on which products are judged can be measured by reliable, valid test methods. Although much effort has been expanded in attempts to develop meaningful test methods which will best predict the hazard posed by certain products, the task remains difficult when there is little comprehensive data on the types of textile products posing the greatest hazard. It is not possible to evaluate test methods on the basis of their ability to predict hazard when one is not certain what the hazard really is. The development of meaningful test methods and standards has therefore partly depended on the availability of information on the fabrics that have been involved in fires.

Attempts to collect such data have been made elsewhere. The National Electronic Injury Surveillance System (NEISS) monitors a statistical sample of hospitals throughout the continental United States. The data reported daily can be used to identify those products which pose a hazard due to the frequency and severity of injuries they cause. Little if any information is obtained about the fabrics associated with injuries, but the system could serve as a source for follow-up investigations. Some such investigations of textile fires have been carried out for the Bureau of Product Safety, U.S. Department of Health, Education and Welfare. Reports to date, such as the Fourth Annual Report to the President (1972), emphasize data on circumstances surrounding the accidents, rather than data on the types of fabric involved. Investigations have so far dealt mainly with fires causing injuries.

The National Bureau of Standards' Flammable Fabric Accident Case and Testing System (FFACTS) has yielded considerable data regarding textile product fires in the United States in recent years. Several studies have used the FFACTS data base (Frye, Vickers and Tyrrell, 1972; Vickers and Tovey, 1972; Vickers, 1972; and Slater, Buchbinder and Tovey, 1972).

Canada does not have a data collection system similar to either NEISS or FFACTS. Williams-Leir (1967), however, studied deaths from clothing and bedding fires in Ontario from 1954-1963. In eight years, 135 separate bedding fires due to sleeping smokers caused 147 deaths.

Objectives of the Study:

At the time of initiation of this study relatively little systematic research had been done investigating the nature of textile products involved in fires or, especially in Canada, the circumstances surrounding their involvement. The study was therefore exploratory in nature. The overall purpose was to investigate several factors which contribute to the flammability hazard of textile products. The objectives of the study were:

1. To collect samples of any fabrics involved in fires in Alberta, where enough of the fabric remained to do so. (Although this included all clothing in clothing fires, and all household fabrics which were involved in the casual events leading to injury, death or considerable property damage, only the data on household textile fires will be reported here, since there were insufficient data on clothing fires to make recommendations.)
2. To analyze the above fabrics to determine fiber content, and yarn and fabric construction.
3. To collect information on any pre-treatment of the above fabrics prior to the accident.
4. To collect and compile extensive information about the circumstances surrounding the fabric's involvement in the fire, including the extent of injury, and the

mechanics and environment of the accident.

5. (a) To compile a list of the frequency and seriousness of involvement in fire for various fibers, fabrics and product types; and

   (b) to determine which combinations of these are the greatest hazards by relating this list to the circumstances surrounding their involvement and to their frequency of use.

Procedures

Reporting of Cases and Collection of Samples

Fires in which household textiles were the first product to ignite or were quite instrumental in causing the fire to spread were reported by fire departments throughout the Province of Alberta, who also forwarded samples of remaining textile products. Cases in which there was neither injury nor property damage of at least $200 were eliminated from the study. Some textiles products were not collected because they were completely consumed or were discarded. In these cases, fire department personnel attempted to report information about the product, and some information was obtained during interviews. Fire departments in the major centers (Edmonton, Calgary, Red Deer, Grande Prairie, Lethbridge, and Medicine Hat) as well as in 119 of 264 other centers co-operated in the collection of data. Personnel in the larger centers were contacted personally while those in the smaller fire departments were made aware of the study by letter. Many who did not wish to co-operate stated that they had never had any cases similar to those which were required for the study. Those who indicated willingness to co-operate were reminded periodically by letters which kept them informed of the progress of the study.

Although personnel in the fire departments mentioned above indicated a strong willingness to co-operate, it is not possible to state that all cases received by them were reported. A comparison with unpublished 1974 and 1975 statistics from the Provincial Fire Commissioner's Office indicated, however, that close to 100 percent of the household textile fires in Alberta were reported.

Textile Analyses

Analyses were carried out in the laboratory to determine qualitative fiber content, fabric construction, fabric count, fabric weight, surface characteristics, and yarn construction (number of plies and fiber length). Although complete textile analysis was possible for most cases for which samples were received, some analyses could not be carried out if samples were too small or too charred. A few fabrics for which it was suspected that some finish might ,have contributed to the combustion of the product were analyzed for fabric finish.

Interviews

People involved in the fires were contacted shortly after the accidents. Interviews were conducted to obtain information about the textile product and the circumstances surrounding the accident as well as demographic data. Social status was measured by the McGuire-White Index of Social Status – Short Form (McGuire and White, 1955).

Whenever possible, the victim or person most closely involved was interviewed. If the victim could not be interviewed, an attempt was made to contact a close relative. Most of the interviews in Edmonton were conducted in the victims' homes; in all other

locations the interviews were conducted by telephone. Because many victims could not be contacted, interviews were not always possible, but interviews were conducted for 52 percent of the cases.

Results and Discussion

The results are presented in Tables I to VI and Figures 1 and 2. The totals for most of the parameters are different than the total number of products (440) or cases (136) because of the difficulty in getting the data in some cases.

Textile Product Characteristics

The frequency of fire involvement for various categories of household textiles is given in Table I. The items most frequently involved were upholstery and mattresses. Other bedding items, especially blankets and sheets, were involved frequently, and if all of the bedding items are considered together, their numbers are high. Carpets and draperies were also involved in many fires.

Fiber content data are broken down by textile product in Table II. The dominance of cellulose and cellulose blends for mattresses and some bedding products is expected on the basis that cellulose is a prominent fiber in the production of many of these products (see Statistics Canada Catalogue 34-210). The dominance of cellulose blankets and upholstery is greater than might be expected from the market position of such products.

Table I
Frequency of Fire Involvement:
Household Textile Products

Product	Number	Percent
Carpet or Rug	37	8.4
Drapery	33	7.5
Drapery Lining	4	0.9
Bedspread	14	3.2
Blanket	37	8.4
Quilt	3	0.7
Sheet	32	7.3
Pillow Case	4	0.9
Pillow Ticking	6	1.4
Pillow Stuffing	4	0.9
Upholstery	71	16.1
Mattress and Box Spring Ticking	51	11.6
Mattress and Upholstery Stuffing	81	18.4
Other Household Textiles*	63	14.3
Total	440	100

* Other Household Textiles includes: towels, mattress cover, sleeping bags, spring covering, ironing board cover, gauze base of chesterfield, carpet underlay, rattan backing, stuffed animals, plastic sheeting, yardgoods, upholstery underlinings, shower curtains (cloth), tent, slip covers, oven mitts.

Table II
Fibre Content by Type of Textile Product

Type of Textile Product	Wool	Cellulose	Man-made Thermo-plastics	Glass	Poly-ester/ Cotton	Other Blends & Combina-tions with Cellulose	Blends and Combi-nations without Cellulose	Miscella-neous Fibres and Foams	Total
Carpet or Rug (pile)	1	0	13	0	0	1	4	0	19
Draperies	0	7	1	5	0	5	1	0	19
Bedspread, Blanket and Quilt	2	11	0	0	0	13	1	0	27
Sheet, Pillow Case, Mattress Cover	0	12	0	0	4	1	0	0	17
Upholstery	0	15	5	0	0	24	1	1	46
Mattress, Box Spring & Pillow Ticking	0	23	0	0	0	1	0	0	24
Mattress, Upholstery & Pillow Stuffing	1	37	6	0	1	7	1	7	60
Other Household Textiles	1	15	14	0	1	8	1	5	45
Total	5	120	39	5	6	60	9	13	257

Although there were more sheets of 100 percent cotton than of polyester/cotton, one cannot conclude that the former are necessarily more hazardous. It is possible that, at least until very recently, the lower cost lines of sheets were 100 percent cotton. As will be shown later, most of the victims were of lower social status and might have tended to purchase lower cost items.

The involvement of five glass drapery products is interesting. In each case the glass did not burn but the fire spread along the drapery to some other product. One of the glass draperies was analyzed for finish and was found to have a polyacrylate finish.

The fabric construction of the products varied considerably, but the plain weave was the most common, followed by fiber batts, pile fabrics and twill weave (Figure 1a). The dominance of the plain weave is probably indicative of the predominance of this construction generally. The fiber batts were all mattress and upholstery stuffing materials.

No clear pattern was evident in either the fabric counts of the products or their fabric weights. The most common surface characteristic was the smooth surface (Figure 1b). In total, however, the other categories more commonly associated with flammability (rough, open, napped, pile or fiber batt) outnumber the smooth-surfaced fabrics. When fiber content is considered together with surface characteristics, the cellulose and cellulose blend products had the most varied surfaces. Most of the thermoplastics and the polyester/cotton fabrics had smooth surfaces. Most of the fiber batts were either cellulose or cellulose blends or combinations.

The most common yarn construction was single ply of staple fibers. The preponderance of staple fibers is associated with the large proportion of cellulose fibers.

The ages of the textile products were quite evenly distributed across age categories (Figure 1c). However, the fact that 29 percent of the products were either second-hand or over five years old would have to be taken into consideration in any evaluation of new standards (i.e. there would be a considerable time lag for effectiveness). Most of the

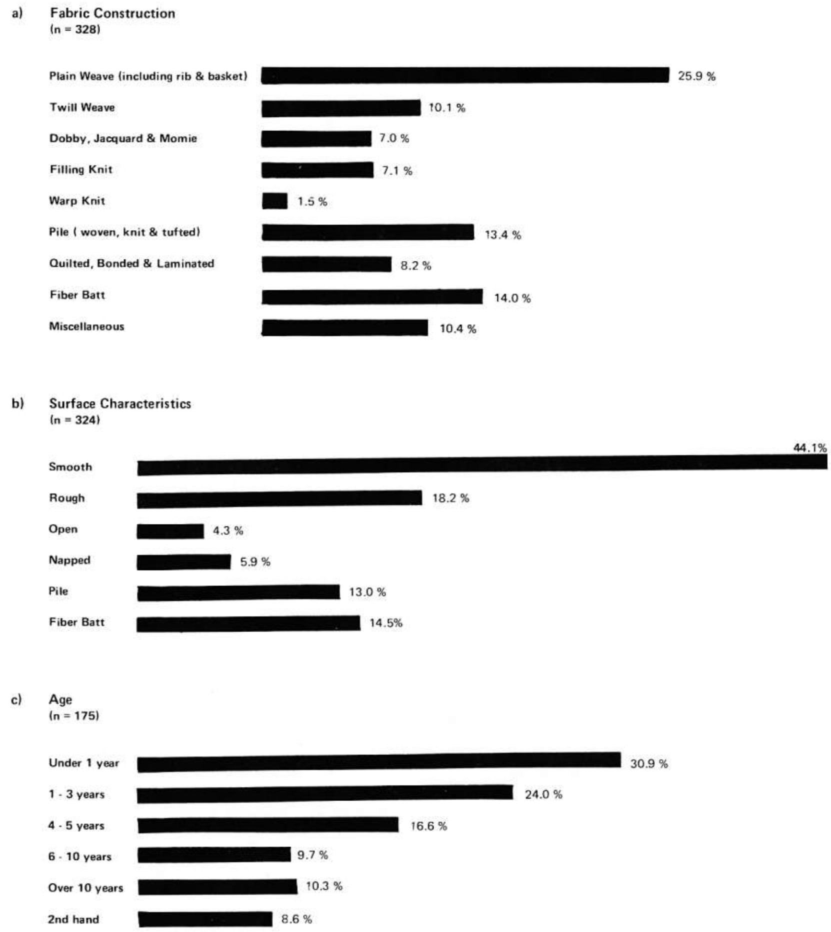

Figure 1. Textile Product Characteristics

products which had been cleaned at all had been washed a varying number of times while a few had been drycleaned or shampooed. Where the laundry products used could be determined, the majority of items had been cleaned using a phosphate detergent.

Ignition Sources

Whenever a textile product burns, some other product is involved, either as ignition source or as an intermediary product. Table III shows that cigarettes and other smoking materials were the ignition sources in 55.3 percent of the known cases, and were the most frequent ignition source for all products except the "other household textiles" category, for which lighters and matches were the most frequent. This data is in agreement with that reported by Frye et al. (1972) regarding mattresses, and Vickers and Tovey (1972) regarding upholstery, but disagrees with Vickers (1972) who found that kitchen ranges were the most common ignition source for draperies. The number of bedding and upholstery products associated with adults falling asleep (33 cases) agrees with data reported by Williams-Leir (1967).

Table III
Ignition Source by Type of Textile Product

Textile Product	Cigarettes and Other Smoking Materials	Lighters and Matches	Other Electrical Appliances	Electrical Cords	Flammable Liquids And Gases	Electric and Gas Stoves	Total
Carpet or Rug	22	4	3	2	1	0	32
Draperies	20	10	4	1	0	0	35
Bedspread, Blanket and Quilt	22	17	6	2	0	0	47
Sheet, Pillowcase and Mattress Cover	16	9	4	2	0	0	31
Upholstery	43	10	1	5	3	0	62
Mattress, Box Spring and Pillow Ticking	28	15	3	2	0	0	48
Mattress, Upholstery and Pillow Ticking	43	14	4	6	0	0	67
Other Household Textiles	14	24	13	1	1	1	54
Total (Products)	208	103	38	21	5	1	376
Total (Known cases*)	68	27	12	7	4	1	123
Percent (Known cases*)	55.3	22.0	9.8	5.7	3.2	0.8	100

* Ignition source known only for 123 of 136 cases.

Electrical appliances and cords were frequently ignition sources, whereas a stove was involved in only one case. Flammable liquids and gases were involved as intermediary products (rather than true ignition sources) in four cases.

When smoking products were involved as ignition sources, an attempt was made to determine how heavily the victim and other family members smoked. This information was available only for thirty-eight cases; of these 58 percent of the victims were heavy smokers and in 48 percent of the cases there were other family members who were heavy smokers.

The Victims and their Environment

There appears to be no significant pattern in the data on the age of victims when considered alone. The victims' age and sex are related to textile product and ignition source in Figure 2. That more adults than children are associated with cigarette-related fires is easily explained by the fact that fewer children smoke. On the other hand, more children than adults are associated with matches and lighters. The predominance of young males in this group is an agreement with data reported by Slater et al. (1972:5). In addition to the data shown in Figure 2b, there were many products in the "other household textiles" category associated with matches and lighters, largely as a result of young boys playing with matches, often in closets.

Contrary to data reported by Williams-Leir (1967), the data in Figure 2a on bedding (blankets, quilts, bedspreads, sheets and pillowcases) indicates that females smoke carelessly in bed more often than do males (for chi-square analysis, $p < .05$). For cigarette-related upholstery fires the dominant sex of victim varies with age. There was no apparent age or sex trend in similar data for stoves and electrical appliances, while all four cases involving flammable liquids and gases involved teenage or adult males.

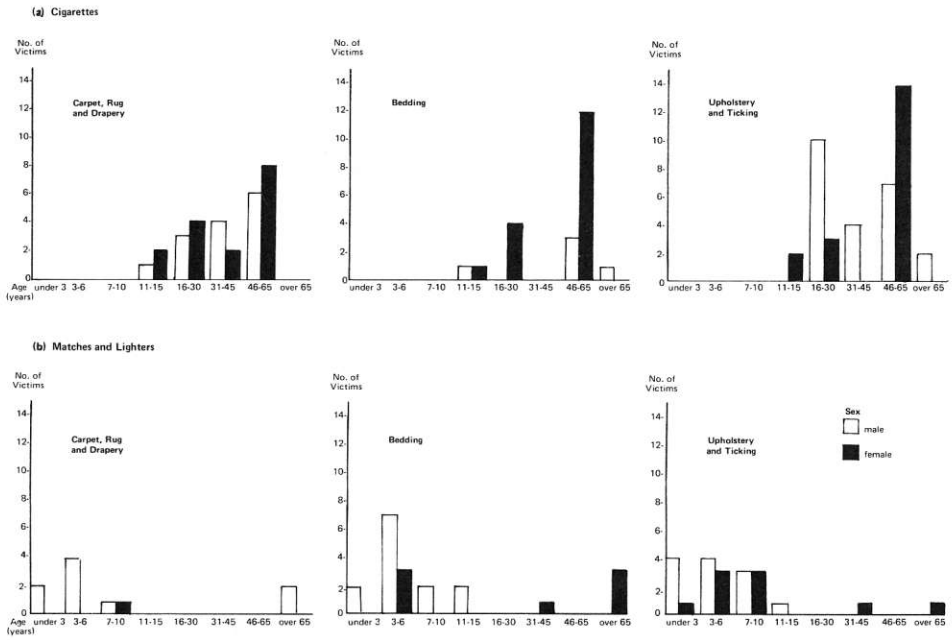

Figure 2. Ignition Source by Textile Product and Age and Sex of Victim

Twenty-six of the 48 victims for which social class was determined were in the lower classes. A further 16 of the victims were in the lower middle class, while 5 were in the upper middle class and one was in the upper class.

The majority of victims had no illness just prior to the accident and were suffering from no physical handicaps. Thirty-four percent had some illness, however, and 18 percent had some type of handicap. Thirty-two percent were suffering from physical strain and 25 percent from emotional strain. In addition, 26 of the 71 cases for which the information was available involved drugs, alcohol or both.

Table IV
Location of Fire by Type of Textile Product

Textile Product	Living, Dining or Family Rooms	Bedroom	Kitchen	Recreation or Play Room	Laundry Room	Total
Carpet or Rug	10	6	0	1	1	18
Draperies	12	7	0	0	0	19
Bedspread, Blanket and Quilt	7	30	0	0	1	38
Sheet, Pillow Case and Mattress Cover	2	25	0	0	0	27
Upholstery	38	2	0	2	0	42
Mattress, Box Spring and Pillow Ticking	3	28	0	0	0	31
Mattress, Upholstery and Pillow Stuffing	21	18	0	1	0	40
Other Household Textiles	12	4	1	0	3	20
Total (Products)	105	120	1	4	5	235
Total (Cases)	34	31	1	2	2	70

Far more fires occurred in living/family rooms and bedrooms than in any other type of room (Table IV). The fact that most of the bedding and mattress fires took place in bedrooms while most of the upholstery fires occurred in living/family rooms is logical.

Extent of Injury and Property Damage

The type of injuries sustained by the fire victims is given in Table V. Most of these fires resulted in no injuries, but there were 20 cases involving asphyxiation and 7 involving burns. Only one of the burn cases resulted in death. In this case, the victim was a middle-aged female who had just been released from extensive hospitalization due to an earlier stroke. She suffered third degree burns to face, head, hands and arms. The fire in this case started with a cigarette igniting a sofa. The fatal asphyxiations were well distributed across age and sex categories except for a higher incidence of 46 to 65-year-old females (6 of the 18 cases were in this age/sex category). The latter fact is in keeping with the number of cigarette-related fires for that group (Figure 2a).

Table V
Type of Injury by Textile Product

Textile Product	Fatal Asphyxiation	Non-fatal Asphyxiation	Shock	Burns	No Injury	Total
Carpet or Rug	9	0	2	2	21	34
Draperies	3	0	2	2	30	37
Bedspread, Blanket and Quilt	8	1	2	2	40	53
Sheet, Pillow Case and Mattress Cover	5	0	2	0	28	35
Upholstery	9	1	2	5	50	67
Box Spring, Mattress and Pillow Ticking	10	1	1	0	41	53
Mattress, Upholstery and Pillow Stuffing	8	2	3	3	66	82
Other Household Textiles	4	0	0	10	45	59
Total (Products)	56	5	14	24	321	420
Total (Cases)	18	2	4	7	95	126

The number of asphyxiations due to mattress fires agrees with data reported by Frye et al. (1972). Carpets were also involved in a high number of asphyxiation cases. In asphyxiation cases where a number of textile products burned, it was impossible to determine which ones had led to the asphyxiation, so all have been included in the data in Table V. The ratio of cellulose products to non-cellulose involved in asphyxiations was 4:1.

The extent of property damage is related to textile product in Table VI. Household textile fires involving property damage of less than \$200 were not included in the sample unless an injury or death resulted. A large proportion of the fires in the top two damage categories involved carpets, draperies and upholstery, while a large proportion of the fires in the lower categories involved mattresses (for chi-square analysis of data in Table VI, $p<.01$).

Table VI
Extent of Property Damage by Textile Product

Textile Product	$200-$300	$301 – $1,000	$1,001- $5,000	$5,001- $10,000	$10,0001- $20,000	Over $20,000	Total
Carpet or Rug	2	8	8	3	10	4	35
Draperies	5	6	7	5	9	4	36
Bedspread, Blanket and Quilt	9	16	12	5	8	2	52
Sheet, Pillow Case and Mattress Cover	8	9	11	3	4	1	36
Upholstery	5	15	15	7	16	8	66
Mattress, Box Spring and Pillow Ticking	10	19	16	3	6	2	56
Mattress, Upholstery and Pillow Stuffing	16	25	26	7	9	1	84
Other Household Textiles	8	18	26	2	5	1	60
Total (Products)	63	116	121	35	67	23	425
Total (Cases)	16	36	36	14	19	8	129

Conclusions and Recommendations

The number of fires involving upholstery, mattresses and other bedding items was high. Smoking materials, especially cigarettes, were involved as ignition source in many cases. Since cigarettes were involved in many upholstery, mattress and bedding fires, the use of a cigarette as ignition source in flammability testing for these products, or the simulation of such a source, seems highly appropriate. It should be remembered that adults were involved in most of the cigarette-related fires and that these persons were often asleep and/or under the influence of drugs or alcohol.

The deaths and injuries resulting from household textile fires were mostly asphyxiations. Therefore, the amount and type of product generated is an important consideration when testing household textile products.

The high incidence of cellulose and its blends was evident both in products for which cellulose has a prominent market position as well as in products for which it does not. In other words, cellulose products were involved in fires more often than would be expected from their market position and might therefore be considered to be the most hazardous.

The following recommendations seem to follow from the above:

(a) that specific standards for the flammability of mattresses and upholstery be promulgated as soon as possible;

(b) that such standards be based on test methods designed to measure the resistance of the material when exposed to smoking materials, especially cigarettes; and

(c) that such standards also take into account the amount and type of combustion product.

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Book Reviews

Nancy Craig, Editor

Sexual Behavior in Canada: Patterns and Problems, edited by Benjamin Schlesinger, University of Toronto Press, Toronto, 1977; pp. 326: Price cloth $15.00; paper $6.95.

The author, in his preface, describes this book as the "first Canadian collection of articles on human sexuality." He states there are 31 authors, although there are 33 contributers listed. Of this 33, only 3 are from outside Ontario and Quebec. The majority of papers have previously appeared in such publications as the Canadian Medical Association Journal, the Canadian Family Physician, Medical Aspects of Human Sexuality, The Social Worker, and The School Guidance Worker.

In the preface Dr. Schlesinger discusses human sexuality and gives an historical perspective of the development of literature and courses in this subject area. I particularly appreciated his statements that:

"The terms 'family life education' and 'sex education' have posed problems of definition for most people, as well as fostered the erroneous opinion that they are separate areas of instruction. In fact, it is impossible to discuss family relationships and functions without including the sexuality and sexual behavior patterns involved, and equally so to discuss sexuality outside the context of the family and its relationships."

The articles have been divided into five sections, beginning with an Overview, followed by Sexuality and the Life Cycle, Sexual Behavior among selected groups (mentally and physically handicapped, homosexuality, transexualism), Sexuality and the Law, and Education for Sexuality.

Schlesinger states the book is intended as a companion volume to *Family Planning in Canada: A Source Book* (University of Toronto Press, 1974). It is recommended as a resource for teachers and students in medicine, nursing, social work, family life studies, sociology, psychology and psychiatry, who offer or take courses dealing with human sexuality. The wide range of topics related to human sexuality will go a long way toward meeting this intent. However, the fact that 30 of the 33 contributors are from Ontario or Quebec, and 20 of those 30 are from Toronto puts the focus of the book on sexuality ,in Ontario and Quebec, rather than sexuality in Canada. For example, in Part Four, Sexuality and the Law, articles include 'Rape in Toronto'. 'The Establishment of a Rape Crisis Centre' (in Toronto), and 'A Feminist looks at Prostitution in Toronto Today'. In the section of Education for Sexuality, it would have been useful to compare and contrast programs in Western Canada and the Maritimes with those in Ontario. Apart from this criticism however, it is an excellent resource and contains a comprehensive glossary of terms used in discussing human sexuality, as well as an excellent bibliography.

Reviewed by: Barbara MacDougall, B. Sc. (H. Ec.), B. Ed., M. Sc. (Ed. Psych.) Family Life Educator, Calgary Board of Education.

Love, Sex, and Sex Roles, by Constantina Safilios-Rothschild, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1977; pp. 138: Price cloth $8.95; paper $3.95.

This book is a broad sociological examination of societal attitudes towards men, women, love and marriage. The author draws on her Greek background to compare and contrast Mediterranean societies, which she classifies as "traditional" with "contemporary" North American societies which are less sex role-specific, yet which cling to a number of sex-role stereotypes. The author suggests that as long as sex-role stereotypes persist, men and women continue to treat one another as objects, rather than as people. To be specific:

"In general, it can be argued that from the moment men treat women as objects, they also become dehumanized and leave themselves open to reciprocal treatment." She further contends that only when sex-role stereotyping disappers, can men and women have meaningful relationships.

This book would provide valuable resource information for the teacher or student of a program in mens' or womens' studies and/or sex-role stereotyping, sociology of the family, psychology, and family life education. The reading level is quite advanced (college level), however, the book is short, and any adult interested in the subject area should find the book contains interesting and useful information.

The author brings a sociologist's approach to explore cross-cultural attitudes towards love, marriage and sex. She considers we are today in a transitional era which contains a number of perils for persons exploring new, non-traditional relationships. She also explores the possibilities for the future of male-female relationships. I would consider this book an excellent teacher or student reference for family life educators, not only for the cross-cultural treatment of the subject, but also for the extensive list of references.

Reviewed by: Barbara MacDougall, B. Sc. (H. Ec.), B. Ed., M. Sc. Family Life Educator, Calgary Board of Education

Nutritional Disorders of American Women, Edited by Myron Winick, Vol. 5. Wiley Series on Current Concepts in Nutrition, John Wiley and Sons Inc., Toronto, 1977; pp. 178; Price Cloth $18.00; paper, not available.

This book is based on a symposium of the same title held in November, 1975 in New York City. (As you might expect each chapter has a different author).

The book is divided into four sections and is well organized with the possible exception of the last chapter on nutritional problems based on nutritional surveys. This would perhaps have been better placed at the beginning to serve as an introduction.

The first chapter in the section, "Nutrition and Reproduction", is of particular interest. The author reviews the data from a number of animal experiments which dispel the theory that the fetus is a perfect parasite. The material presented shows that malnutrition during pregnancy affects the fetus proportionately more than the mother. The remaining chapters in this section are directed towards nutrition during pregnancy and the effects of oral contraceptives on nutritional status. In the latter, the author offers some suggestions for appropriate nutrition intervention for women using oral contraceptives.

In the next section, the chapter on adolescent nutrition highlights the marked changes in body composition during the growth spurt, the differences between sexes and the implications for nutrient requirements. Two points of interest in the chapter on lactation are the changes in the animal body to prepare for lactation and the effect of energy and fluid intakes on the volume of milk secreted.

The third section, "Special Nutrition

Problems", begins with a discussion of the nutritional anemias. The author examines body stores, dietary availability and periods of stress in relation to iron and folic acid.

Focusing on two popular supplements, vitamins C and E, the chapter on vitamins indicates some reasons for the popularity of vitamin supplements.

The last section on "Obesity" discusses causes of obesity and reviews treatment programs. A brief critique is given on a number of the popular fad diets. The use of drugs, dietary restrictions, exercise programs and the group approach are examined. The author concludes that a behavior modification approach in a group setting combining diet and exercise programs is the most suitable approach. The chart comparing the composition of weight loss among fasting, ketogenic and mixed diet regimes is of particular interest. This excellent reference text is a must on the bookshelf for dietitians, nutritionists, nutrition students and physicians, in fact for ,anyone involved in nutrition counselling for women. Especially valuable are the excellent tables and the references included at the end of each chapter. This book would not be suitable for those without a knowledge of nutrition since the book highlights and reviews current information on selected topics. For example, the chapter on pregnancy does not cover the whole spectrum of nutritional needs and food sources for nutrients but discusses a few selected nutrients such as calcium, protein and iron.

Reviewed by: Bretta Maloff, R. D.
Diploma in Nutrition, Nutritionist, Local Board of Health, Calgary

Storybook Crochet, by Sally Ann Gronsand. Butterick Publishing, New York, 1977; pp. 172; hardcover $9.95.

Two recent additions to our home are a five-inch ballerina and a tiny flapper doll. They are creations of a timid beginner and an accomplished crocheter.

The timid beginner was myself and the ballerina was created in a few hours this summer. The directions outlined in *Storybook Crochet* were easy enough for a raw beginner to follow and the result was quite exciting and very cute.

The book starts with directions for a basic doll, then offers different costumes and decorations. More than 25 historic, ethnic and storybook dolls are featured, including Red Riding Hood, a fairytale princess, Santa, a Pilgrim boy and girl and a Hallowe'en witch and pumpkin. Other forms such as mushrooms, flowers and a variety of animals are also described. A brief glossary of embroidery stitches completes the book.

To provide an experienced viewpoint of the book, my grandmother agreed to try the directions. She thought they were adequate but questioned why the neck piece of the doll was made separately from the head. Adding the neck to the head piece is more difficult than crocheting it on directly. As you might imagine, the pieces are rather tiny and difficult to handle.

The directions suggest type and color of yarn and materials but no amounts. Certainly scraps of leftover yarn in several colors would be the most economical arrangement.

This book will appeal to all ages and is simple enough for anyone just learning the rudiments of crochet. It could be used as a basic instruction book and offers the advantages of low cost materials and quick results. It is well illustrated with diagrams, drawings and color plates and is of a size easy to handle while relaxing.

I would recommend Storybook Crochet as a gift for beginner or expert, or as an addition to any craft library.

Reviewed by: Wilma Hayes Cochrane, B. Sc. (H. Ec.) Executive Secretary, Alberta Home Economics Association

Oldies But Goodies, by Donna Lawson, Butterick Publishing, 161 Sixth Avenue, New York, N.Y. 10013, 1977; pp. 200: paper $6.95.

Donna Lawson's solution to the rise in the cost of living is not an "oldie" but definitely a "goodie". This book shows you, step-by-step, how easy and inexpensive it is to transform yesterday's styles and discards into fashionable, functional clothing.

The delightful part of the book is that there are over 60 original projects, complete with before and after photographs and easy-to-follow instructions.

For example, eight silk scarves become a dress, mama's petticoat becomes a child's sun dress, twelve old neckties become a skirt, a winter blanket becomes a warm poncho — and so much more!

"Oldies But Goodies" shows you how to recognize the potential of many things you may find at flea markets, church sales or in your own trunk in the attic. The specific clothes illustrated would have appeal for high school students, university students, career girls and avant garde adults. However, the basic ideas that are suggested could be adapted to stimulate the creativity of any age. "This could be the start of something great! "

Reviewed by: Tommie Ryan, Freelance home economist, Toronto

Children In English Canadian Society, by Neil Sutherland, University of Toronto Press, Toronto, 1976; pp. 241: Cloth $19.95.

The Study of the family in Canada has suffered from the lack of a social historical base. The theoretical formulations for family analysis in North America have for the most part, been developed in the United States with the assumption that they are germane to Canadian society. Recently, however, there has been interest in the Canadian historical experience and a desire on the part of sociologists and historians to document early social history related to the family.

This book on children in English Canadian Society from 1800 to 1920 is an ambitious contribution to our understanding of attitudes toward children and childrearing in the late 19th and early 20th Centuries.

The author uses a wide range of source material (annual reports, records, working papers of private and ,public agencies, newspaper reports, parliamentary and senate committee reports) in a well documented account of the change of attitude toward children from one where they were considered sinful beings requiring salvation through discipline and hard work, to the humanistic attitude that recognizes the need for nurturance, protection and care of young children in order to maximize their full potential.

Three major areas of reform are considered in the dawn of the new approach to children — the public health movement, the treatment of delinquent children and the educational system. The public health campaign to reduce infant mortality, to promote preventive immunization against disease and to spread ideas of cleanliness, sterilization and general good health are well documented. In the treatment and definition of delinquent children, the shift from detention of young offenders to prevention through substitute family placement and strengthening of families is presented. In the educational system the reformers saw the opportunity of providing all children with the knowledge and resources for a fuller and more meaningful life both as children and as adults. In the three areas considered in the book, the author stresses the general point that underlying reform in all these spheres was the desire to improve the quality of life of all children through strengthening and enriching family life.

The book is rich in detail, but would benefit greatly by more organization and systematic presentation of the material. More tabular presentation and standardiz-

ation of numerical data by percentages would be useful to both students and others who would use this material for further research or theory building.

While the book contains useful information for students in family, social service and public health courses, the present format would not easily hold the interest of undergraduate students.

In spite of this limitation, however, this book contributes to our understanding of the forces that have shaped attitudes toward children in the 20th century and is an important contribution to the social history of Canada.

Reviewed by: Rheta A. Rosen, Family Studies Division, Home Economics Department, Ryerson Polytechnical Institute

Nutrition and Diet Therapy, Third Edition, by Sue Rodwell Williams, M.P.H. M.R.Ed., Ph.D., C.V. Mosby Company, Saint Louis, March 1977; pp. 723; hardcover $13.40.

This text book focuses primarily upon nutrition in health care, seeking to provide a textbook for "professional students and their teachers". It is written mainly for nursing students with an emphasis on what they can do for a patient. The book, however, may also serve as a tool of learning for students in dietetics, as well as a helpful resource to busy clinicians and practitioners-physicians, nurses, nutritionists, dietitians, dentists, dental hygienists, public health workers, health educators, physical therapists, home economists, and others. The book is easy to use. There is considerable cross-reference throughout the text to relate similar or needed material. There are a number of valuable tables in the appendixes.

The text is divided into 4 major parts. The first part deals with basic components in nutrition. It includes proteins, fats, carbohydrates, calories, vitamins, minerals and electrolytes. It provides basic properties, functions, digestive processes and sources of these nutrients. There is also a chapter on digestion, absorption, and metabolism.

The second part is concerned with applying nutrition in the community. This includes chapters on food misinformation, cultural, social and psychological influences on food habits, nutrition education, and also a chapter on nutritional deficiency diseases.

The third part looks at particular areas where nutrition is important. Areas such as childhood diseases, pregnancy, the aged, rehabilitation and psychiatric care.

The final part deals with clinical nutrition. Principles of diet therapy are discussed in relation to obesity, diabetes mellitus, gastrointestinal diseases, gallbladder and liver diseases, cardiovascular diseases, renal disease and care of the surgical patient.

The text seems to be complete and easy to use. It is not a detailed book; nor does it profess to be. It would be a good text for a person in university, seeking a profession in dietetics. It gives one an overview of our abilities and responsibilities as professionals in the area of nutrition. It is also a quick but complete reference text for anyone in the area of nutrition.

Reviewed by: Brenda Gracie, B. H.Ec., R.D., Therapeutic Dietitian, Calgary General Hospital

Clothing for the Handicapped, by Miriam T. Bowar, Rehabilitation Publication 737, Sister Kenny Institute, Minneapolis, Minnesota, U.S.A., 1977, 40 pp., $2.65 in Canada and foreign countries $2.40 in U.S.A., $1.00 handling charge on orders under $5.00.

This booklet, subtitled fashion adaptations for adults and children, is intended for use by the handicapped and their families. These people are faced with decisions about buying wearing apparel and

altering ready to wear to meet the special needs brought on by the disability. While the range and depth of the booklet's content is elementary, the directions for alterations and construction should be more accurate and explicit to meet the needs of the intended layman reader.

The booklet is divided into four sections. The short two-page introduction which reflects the author's professional awareness of the problems and needs of the handicapped offers an excellent treatment of the subject. The table outlining in point form suggested solutions to common problems of people with special needs is a valuable source of ideas. The third and major portion of the publication involves selection and minor alterations of fashion for various conditions. But this section is too deficient in both quantity and quality of information to be of great value to the layperson.

The final section on pattern alterations for Kyphosis and Scoliosis, is the most original material presented, but unfortunately the subject matter is very poorly treated. The quarter size basic pattern pieces used are not consistent in size and shape. The front and back bodice are used interchangeably and are considered in isolation rather than as parts of the total garment. The alternations suggested are not in line with basic principles of fitting and ignore the problem of concealing the handicap rather than accenting it.

The short list of references at the back of the booklet may be helpful; however, more accuracy in referencing appears necessary to locate the publications listed. Some excellent pamphlets have been overlooked.

The author uses illustrations which, if scaled down, could have been increased in number thus improving the usefulness and visual appeal of the book. The subtitle is misleading since children's wear is not discussed. Clothing for adults is limited to outerwear (tops, dresses, slacks and coats) and does not deal with underwear, swimwear, sleepwear or sportswear. Despite these limitations, this booklet could be a good source of ideas which can be used, modified and expanded in different ways.

Reviewed by: Anne Kernaleguen, Ph.D., Professor and Division Chairman, Clothing and Textiles Division, Faculty of Home Economics, The University of Alberta

The Patchwork Quilt Design and Coloring Book, Judith La Belle Larsen and Carol Waugh Gull, Butterick Publishing, New York, 1977: pp. 224; price, paper $7.95.

This book was written for the novice and the expert. It is an excellent guide for the beginner, whereas the experienced person would probably use it as an aid in designing new patterns. It has a workbook format including fill-in-the-blank worksheets to take you step-by-step through the process of planning your quilt. Useful tables include a color wheel, yardage charts, and traceable templates.

An interesting and useful chapter on color and design is included for the beginner. Traditional patterns are illustrated but there are also many ideas for the person who wishes to create his own design.

The book is written in lay terms with clear and concise explanations and proceeds in a logical sequence.

Reviewed by: Sarah Statler, Teacher, Dr. E. P. Scarlett High School, Calgary

WHAT'S NEW

by Patricia S. Mascaluk

UPDATE ON AMENDMENTS TO THE HAZARDOUS PRODUCTS ACT

The following article was prepared by Norma Mitchell, B.Sc., H.Ec., with Federal Consumer & Corporate Affairs in Edmonton in light of numerous enquiries received in recent months from consumers and home economists regarding amendments to the Hazardous Products Act.

In recognition of consumers basic rights to information and satisfactory, safe products, legislation continues to react to consumers needs. The Hazardous Products regulations have been constantly extended since the Act came into effect in 1969 because of a recognized need for regulation on a national level of certain categories of unsuspected dangers in products.

The Act deals with what might be referred to in general terms as consumer goods, and makes specific mention of such product categories as those designed for household, garden or personal use, for use in sports or recreational activities, or for use by children. It also mentions, without reference to intended use, poisonous, toxic, flammable, explosive and corrosive products.

Food, drugs, cosmetics, pest control products, radioactive materials and explosives are excluded from control under the Hazardous Products Act because they are all regulated under legislation that applies specifically to each.

The Act divides hazardous products into two categories. The first category consists of those products which are so dangerous that they would subject the public to unacceptable hazards. An example would be children's articles painted with a coating containing harmful amounts of lead and other chemical compounds. It is illegal to advertise, sell or import products listed in this category into Canada.

Other products controlled by the Act are not banned but may be imported, advertised and sold in Canada, only under the conditions stipulated in the regulations. For example, poisonous, flammable, explosive or corrosive chemical products for everyday household use require warning labels which show the nature and degree of hazard. Most people will be familiar with the symbols, and should use and store those products carefully.

Children's equipment has received a great deal of attention during the past year. Consumer and Corporate Affairs Canada banned all devices for propping bottles which allow self-feeding infants in August 1977 after receiving several complaints from medical personnel about their advertisement and use. The bottle props are considered dangerous because they are designed to hold feeding bottles in place, encouraging infant self-feeding. If a child is left unsupervised while using such a device, regurgitated food may be taken into the lungs. In extreme cases, obstruction of breathing could cause death. The medical profession has condemned the practice of prop-feeding for

years, and it is forbidden in many hospitals.

Revised baby rattle regulations were announced in June 1977 requiring all rattles to pass a test to ensure that no part can project into an infant's throat. The Product Safety Branch is also investigating teethers currently on the market with a view to proposing an amendment to the Hazardous Products regulations limiting the minimum dimensions of teethers. This would ensure that no teether or component is capable of causing obstruction to breathing by becoming lodged in an infant's throat.

Parents buying rattles or teethers are advised to choose larger ones with end pieces and handles at least two inches in width. Smaller rattles already in use should be destroyed, and other dangerously small household objects or toys should be kept out of reach of infants or small children.

Regulations governing children's car seats were first introduced in June 1972 and have received considerable attention over the past summer. After continuing experiments, phase III of the car seat regulations came into effect in November 1975, requiring that head and torso movements be limited to prevent contact between vital areas of the child's head and body and components of the vehicle.

Car seats are required to pass an impact test, in which a dummy rides in the car seat in a simulated car crash. To pass the test, the car seat must prevent the dummy's head from moving more than 18 inches forward in a 30 mph (50 kmph) crash or 15 inches sideways in a lateral collision. No such requirement exists in the United States, and only a few American products are sold in Canada in modified form to meet the requirement.

It is the responsibility of the manufacturers of children's car seats to ensure that all seats sold in Canada meet the revised safety regulations. The seats must bear labels indicating that they meet the minimum standards as specified. Consumer and Corporate Affairs Canada inspectors do periodic testing on seats available at the retail level to ensure that the standards are, in fact, being met. The department does not endorse or approve particular makes or models of children's car seats, but requires all to comply with the regulations.

The Product Safety Branch is presently developing standards for infant car carriers which are used for children weighing less than twenty pounds and not capable of sitting with their head erect. These car seats do not come under any federal legislation. They are usually a tub-shaped restraint, cradling the infant in a semi-reclined position.

Children's sleepwear or fabrics containing the chemical flame retardant "Tris", (2, 3-dibromopropyl) phosphate, have been banned from importation or sale in Canada effective July 1977. The compound has minimal exposure in Canada, but was used by manufacturers in the United States on polyester, acetate or triacetate fabrics as a flame retardant for children's sleepwear to achieve the level of flame resistance prescribed by American law. American authorities issued a ban on its use after the United States National Cancer Institute identified it as a potential cancer causing agent. To protect Canadian consumers from the hazards of TRIS treated products imported from the United States, the ban has been imposed in Canada.

In addition to the general flammability standard which applied to all textile products the department is working on flammability standards which would apply to a number of specific products Tents and tarpaulins, mattresses, upholstered furniture, plastics and foams are presently under the scrutiny of the Product Safety Branch.

Amendments to the Hazardous Products Act regulations were announced in August 1977 calling for child-resistant containers for all household products which contain toxic amounts of petroleum destillates, turpentine, methyl alcohol and pine oils. The new regulations

will require that these products offered for sale after October 1, 1978 must be packaged in child resistant containers and labelled according to the hazard. In view of the number of children treated annually after swallowing various household products, care and caution must be exercised in conjunction with child resistant containers and hazardous product warning labels to ensure that these products are placed out of sight and reach of small children.

In the area of recreational equipment, the Product Safety Branch in cooperation with the Ministry of Transport has proposed regulations under the Hazardous Products Act dealing with life jackets and personal flotation devices. At the moment, many are being sold which do not meet the Ministry of Transport standards and which may not provide adequate protection.

The proposed regulations would permit the sale in Canada of only "life saving devices" which meet the specified standard. Water wings, swimming ,aids, water ski belts and other flotation devices would be required to carry a warning label stating that the article is not an approved life saving device.

It is important that consumers become familiar with these and other amendments or proposed changes to the Hazardous Products Act for two reasons. Firstly, the regulations are designed to benefit and protect the consumer by providing more information to assist them in making a wise decision. Secondly, all regulations are enforced by field inspection officers and consumers can help to enforce the regulations by reporting any incident they feel would be a breach of the regulation. While regulations are necessary and important, the public's safety is essentially a matter of personal responsibility. An informed, aware consumer is better able to protect himself.

TRAVEL METRE GAME

Travel Metre is an educational game designed by Dr. W. F. Reese, Professor of Science Education at the University of Alberta, Edmonton to enable educators, students and families to learn about the various aspects of SI metric. Travel Metre is an educational game which combines skill and chance of interest to a wide age range.

It's a fascinating Canadian Travel Game, involving metric distances, questions and activities as well as a number of international road signs. It was designed to be played by 2, 3, 4 or 5 players age ten to senior citizens.

This game consists of a playing board with a pair of dice, a 150 cm tape and a length of string, 32 blue metric cards, 14 white international road sign cards, 1 blue answer card, and 5 plastic board pieces. Instructions as to how to play the game are included with each kit.

"The game is being used in all provinces primarily as a school game but it can also be used as a family game," according to Dr. W. Reese.

For further information contact: Think Metric Associates Ltd., 8452-117 Street, Edmonton, Alberta T6G 1R4. Price in Canada is $10.00 per game or $25.00 (3 games for a classroom set for 15 players).

OPERATION IDENTIFICATION

Independent insurance agents across Canada have been leaders in promoting Operation Identification, a movement to reduce theft of personal valuables and household goods by encouraging families and individuals to engrave all their valuables with their social insurance number or driver's license number.

Electric engraving pencils are available either from independent insurance agents to their clients or from City Police or Federated Community Leagues in most cities. Check the availability of this service in your area. Engraving your social insurance number or driver's license number on valuables and household goods is one way of protecting yourself against theft and aids in recovering stolen proper-

ty as well. Stickers are also provided to attach to doors, windows, and other portable items to act as a direct deterrent to theft because stolen items including etched identification are most difficult to sell and can be easily recovered.

Compile an itemized list of all your valuables and other household goods as part of your household inventory and keep this as a handy reference.

In many communities the Federation of Community Leagues, City Police and independent insurance agents have joined forces to promote Operation Identification as part of the on-going crime prevention program — a very valuable service to the community.

TRY BRAINSTORMING

Brainstorming is certainly not a new tool but this idea might just motivate a few educators to use this technique moreso in conjunction with committee meetings, projects in the classroom or in extension groups.

What is brainstorming? Briefly, it is getting a group together for a problem solving session. The problem is presented to the group ahead of time or at the meeting. Each person comes prepared to suggest as many ideas as they can come up with regarding the specific problem. It all adds to a lot of ideas and quantity is the goal of brainstorming. The more ideas, the better chance you have of coming up with a good one. After all the suggestions are made, the group can seriously weigh the merits of the ideas.

At one committee meeting each member was asked to come prepared with ideas for a theme, topics and speakers for a provincial conference. The results were amazing simply because everyone became involved and members felt that they had contributed. The ideas suggested also provided the committee members with suggestions for their own programs, or classroom presentations.

Abstracts of Current Literature

Submitted by: Eleanor Wein M.Sc.,
University of New Brunswick, Fredricton, N.B.

Saccharin — Are there alternatives?
N. Wightman 1977
Journal of Nutrition Education 9, 3:106

The proposed ban on saccharin in the United States (and the ban now in effect in Canada) resulted from studies which linked high doses of saccharin fed to rats with increased incidence of malignant bladder tumors. Because the consumption of all non-nutritive sweeteners has increased dramatically, their safety has again been questioned.

Toxological testing routinely uses high doses. The rats were fed saccharin equivalent to a daily intake in a human of 800 12-ounce cans of diet soda.

Nutritive sweeteners available as alternatives are fructose, glycyrrhizin, and xylitol. Because it is sweeter than sucrose, less fructose provides equivalent sweetness. This monosaccharide, however, may adversely affect the serum triglyceride level. Glycyrrhizin (licorice extract), 50 times sweeter than sucrose, is used in products where its flavor is not objectionable. Although like sucrose in sweetness and caloric value, xylitol is absorbed more slowly. It is sold in Europe for diabetics.

Alternative non-nutritive sweeteners under study include aspartame, Neo DHC (neohesperidin dihydrochalcone), "miracle fruit" and serendipity berries. The latter two produce the sensation of sweetness by altering the sense of taste. As the physiology and psychology of tasting become better understood, other taste modifiers may be developed.

A more practical alternative is to learn to enjoy foods without added sweetening. Now that consumer concern has been aroused, educators should take advantage of this "teachable moment" provided by the saccharin issue.

Predicting food purchase and use by multivariate attitudinal analysis.
H. G. Schutz, S. M. Moore and M. H. Rucker 1977
Food Technology 31, 8:85

The study described uses derived scores of consumer attitudes towards foods, the preparation of food, and the appropriateness of food items in different situations to predict food purchase and use.

A positive correlation is usually expected between the variables, education and income. In this study, a higher education did not correlate with better food knowledge or more nutritious food behaviour. There was, however, a positive association between income and food knowledge. It is noted that the question-

naire asked for the mother's education and the family's income.

A negative relationship between "conformity in children" and food knowledge may be an indicator that mothers who are forcing their children to eat "good food" may not, in fact, know what foods are actually good.

Women who purchase food products more often than the norm have a large number of children, a high income, prepare large meals, are permissive toward their children, believe in snacking, are conscious of nutrition and are aware of their feelings about the appropriate use of foods.

The influence of advertising was indicated by the results that women with a large number of children were more likely to buy national brands rather than the less expensive store brands.

Women who found it impossible to be creative in cooking use more semi-prepared foods.

Psychographic tests, preferred by the researchers to personality tests, played a significant role in the prediction of consumer food behaviour.

Understanding drug use motivation: a new look at a current problem.
R. J. Pomazal and J. D. Brown 1977
Journal of Health and Social Behavior, 18 (June):212-222

Drug taking behavior, a complex phenomenon, has been widely investigated from psychological, sociological and moral aspects in an attempt to identify related factors.

This study tested the ability of a revised social-psychological theory of behavioral intention to (1) account for factors related to motivation for drug use and (2) mediate external influential factors related to motivation for drug use. The theory that was tested proposed that one's behavior is determined by three factors: personal attitude, perceived social norms and personal morals. Subjects for this study were 101 university students and the drug use behavior that was tested was the smoking of marijuana.

A highly significant multiple correlation ($R = .78, p < .001$) was obtained between the three components of the theory and the students' intentions to smoke marijuana. The students who were motivated to use marijuana had a favorable attitude toward the act and did not consider it immoral. Also, those who were motivated to use the drug differed from nonintenders in beliefs regarding the consequences of smoking; they differed in values related to drug and use and in their ideas of positive and negative consequences of drug use. Results of the study also indicated that the model's three components substantially mediated external influential factors such as age, sex, birth order, religion, social class or political orientation. It is suggested that these external factors influence drug use motivation indirectly. For example, age may be an influence but only to the extent that age influences attitudes, social norms or morals.

Implications for educational and counselling approaches to control misuse of drugs were suggested. The focus should be on identification of the specific factors which make up one's motivation. Attitudes, beliefs, values, social pressures, and moral concerns are among these salient factors that have interrelated and varying importance in individual cases. These should be identified and dealt with directly. Appropriate and attractive alternatives can only be offered after motives have been identified and even then, the task is a true challenge.

Relation of home economics professors' philosophic positions to their curriculum beliefs.
F. B. Swan 1975
Unpublished Ph.D. dissertation, The Pennsylvania State University

The study investigated philosophic orientations, and their consistency with curri-

culum aims, of college and university home economics faculty.

Two measures, *Philosophy of Education* and *Beliefs About Curriculum,* were developed. Each test comprised two sets of items broadly based on "progressive" and "traditional" philosophies of education, and on theories and sources of curriculum. The *Philosophy of Education* test sought an agree-disagree response; item-total correlations ranged from .279 to .644 with a computed non-stratified reliability of .864. The *Beliefs About Curriculum* test, soliciting a forced choice response, had item-total correlations ranging from .367 to .990, with a computed reliability of .843.

Subjects comprised 175 home economics professors, from a random sample of 400 from four subject-matter sections, College and University Professional Section, American Home Economics Association: home economics teacher education (50), family relations and child development (45), textiles and clothing (43), food and nutrition (37).

It was hypothesized that, as measured by both tests, (1) faculty from the four subject areas would differ significantly in philosophic position, (2) philosophic positions would correlate positively, and (3) philosophic positions and curriculum beliefs would relate systematically to eight demographic variables.

Results strongly supported the first two hypotheses. Faculty from family relations/child development led in "progressive" philosophic tendency, followed by home economics teacher education, textiles and clothing, food and nutrition. As well, home economics professors' philosophic positions were consistent with their curriculum aims, with the majority of subjects tending to a "progressive" philosophy of education.

Test results of the third hypothesis revealed that philosophic orientation and curriculum aims related systematically to only three of eight demographic variables, namely, the *major teaching area, years of experience in higher education,* and *age.*

Development of a performance grading system of a household textile for consumer use.
S. G. Turnbull 1977
Proceedings of the Canadian University Teachers of Home Economics Conference, June 1977, 128-144

The widening scope of the consumers' concerns, the complexity of available textile goods, and the lack of useable information for the buying public, formed the basis of justification for the development of a performance grading system. Household drapery fabrics were chosen as the textile item to study.

The research was divided into three phases: a market survey, laboratory testing and grading processes. The *market survey* established the most commonly-used fabric constructions, fiber contents, and colours for living room drapery fabrics. The *laboratory testing* comprised a series of physical tests conducted on a sample of typical drapery fabrics (seven fabrics with two colour replications per fabric). The *grading processes* included five different procedures from which the data were evaluated for performance characteristics.

The results obtained from each of the grading systems were compared, to determine the relative positions of the samples in each system. Positive correlation was found to be significant at the one percent level (with one exception significant at the five percent level). Definite quality-performance levels among the fabrics were evident.

Of the five grading systems employed, the *weighted standard system* appeared most promising for consumer use. By weighing certain performance characteristics, the most important and obvious qualities of drapery fabrics were emphasized. Performance standards delineating grades A, B, and C provided boundaries for each grade and could be altered if technology significantly changed the product. Reliance upon an A-B-C labelling scheme for quality-performance grading would facilitate its use by consumers.

NEW PUBLICATIONS AND VISUALS

TITLE	SOURCE	COST
Publications		
Metric Monitor	Metric Commission Canada Box 4000 OTTAWA, Ont. K1S 5G8	free

The Metric Monitor is a monthly release prepared by the Metric Commission in French and English for the benefit of all educators to keep them up-to-date with respect to metric conversion changes in the manufacturing, food education, transport and other sectors. Write to the above address if you wish to have your name placed on the mailing list.

Selected Titles Spring 1977	Publishing Centre Printing & Publishing Supply & Services Canada OTTAWA, Ont. K1A 0S9	free

This catalogue includes a list of publications available from Government of Canada related to education, environment, food, health, sociology, etc., which educators would find useful for reference purposes. Some of the title include: Freezing Foods, Northern Cookbook, Dietary Standard of Canada, The Fit-Kit, Up The Years From One to Six, and Studies in Family Propery Law. Prices for these vary from 35¢ to $6.75.

Dialogue – A Consumer Newsletter	Standards Council of Canada 350 – Sparks Street OTTAWA, Ont. K1R 7S8	free

Dialogue is published by the Advisory Committee on Standards for Consumers (ACC) of the Standards Council of Canada (SCC), to provide a forum for the exchange of information on consumer related standards. The Autumn '77 newsletter includes: What is a Standard? Putting the Lid on the Jar, The Canadian Government Specifications Board, and a questionnaire on investigating standards related to housing problems.

TITLE	SOURCE	COST
Canada Pension **1. Your Canada Pension Plan** **2. Survivors Benefits** **3. Disability Benefits** **4. Retirement Pension** **5. Death Benefits**	Government of Canada Canada Pension Offices in each Provinces	free

The above publications are available from Government of Canada, Canada Pension offices in each province by phoning, writing or visiting your respective federal government office. For the general reader.

Passion Food Isn't Enough	Family Planning, Divison of National Health & Welfare, Room 662 Brooke Claxton Building OTTAWA, Ont. K1A 1B5	free

This brochure attempts to answer some questions about nutrition and family planning. It was prepared by Nutritionist Charlotte Bonds, B.S., M.A., and Dr. Marion Powell, co-investigators in a demonstration project funded from 1975 to 1977 by the Family Planning Division of National Health and Welfare.

Everybody's Money	Everybody's Money Box 800 TORONTO, Ont. M8Z 5R2	.80¢/year

The Canadian edition of Everybody's Money — A Money Management magazine is published in Spring, Summer, Fall and Winter. How To Win The Savings Game, Keeping Your Lawn In Order, Pension Benefits, Legacy for Survivors and Bargain Air Travel were some of the articles featured in the Summer '77 issue. Useful reference for educators.

Study Papers	Advisory Council on the Status of Women 63 Sparks Street Box 1541, Station B OTTAWA, Ont. K1P 5R5	free

The Person Paper Series include: Matrimonial Property, Taxation Untangled, Health Hazards at Work, The Price of Maternity, Fringe Benefits and the Family In A New Society. Useful reference for those who are specifically studying these topics.

The Consumer	Canadian Standards Association CSA Consumer Editor 178 — Rexdale Boulevard REXDALE, Ont. M9W 1R3	free

This free guide is published four times a year by Canadian Standards Assoc. to keep consumers and educators up-to-date with respect to safety standards and regulations regarding products on the market. Information related to Parents Warned of Home Hazards, Beware of Uncertified Killers, Safer Mobile Homes, Inspectors — Why Do We Have Them, Consumers Want Better Cabinets were items included in the summer issue.

TITLE	SOURCE	COST
(1) Management Series	Leadership Resources, Inc. One First Virginia Plaza 6400 — Arlington Boulevard Ste. #344 FALLS CHURCH, Virginia	$10.50
(2) The Executive Library	U.S.A. 22042	$14.50

Each series includes at least seven articles of interest to anyone involved in management and leadership positions. The Executive Library includes: Styles of Leadership, Authority and Responsibility, Group Effectiveness, Self Development, Planning for Change, Decision Making, Personal Communication, Individual Motivation, The Consultative Process, Appraisal of Personnel, The Learning Climate, The Use of Time, The Art of Listening and Improving Performance Through Job Design.

NEW FILMS

Moving To Metric (1976)	Metric Commission Canada Box 4000 OTTAWA, Ont. K1S 5G8 — also available from Provincial metric office	free for showing

This 26 minute color film shows the effects that the metric system would have on a typical Canadian family in the areas of school, home, shopping (groceries, clothes, shoes, hardware), recreation, business, transportation, etc.

Why Do You Buy?	Magic Lantern Film Distributors 23, 3111 — Springfield Drive RICHMOND, B.C. B7O 1X9	$160.00

This ten minute color film was designed to provoke discussion about the psychological needs which we often try to satisfy through the things we buy. Questions can be designed for group discussion purposes. Uses: adults/junior and senior high school/4H.

INTERNATIONAL FEDERATION FOR HOME ECONOMICS

Individual Membership application form — New ☐ Renewal ☐

If this is a renewal has your address changed from 1977? Yes ☐ No ☐

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The C.H.E.A. National Office will accept I.F.H.E. individual memberships provided this accompanied by a cheque or money order payable to:

Canadian Home Economics Association
203 Burnside Building,
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HAPPENINGS

New Dean

Dr. Bruce McDonald has been appointed deal of the Faculty of Home Economics. (Until his appointment as dean, Dr. McDonald was a professor in the department of foods and nutrition.

Prior to coming to the U of M in 1968, he was on the staff of the department of animal science at McDonald College of McGill University, and a research associate in the division of nutritional bio-chemistry in the department of animal sciences at the University of Illinois. He graduated from the University of Alberta with his bachelor's and master's degrees, and from the University of Wisconsin at Madison with his doctorate.

Dr. McDonald's research interests include the metabolism of fats and proteins; he teaches courses in basic nutrition, human nutrition, and metabolic nutrition. He has been active on university and professional association committees, and is the author of 16 scholarly papers in referred journals.)

NSHEA Annual Conference

The annual conference of the Nova Scotia Home Economics Association was held in Truro, Nova Scotia, Oct. 20, 21, 22, with Dr. Dorothy Frater as Chairman. The theme was, "The Home Economist As An Educator" and the Registration 345.

The principle speakers were: Mr. Alan Mirabelli, 'Communication Skills For The Stresses of Today'; Dr. Eloise Murray, 'The Home Economist As An Educator'; Dr. Theresa McNeil, 'Assertiveness of The Home Economist'; Mary. T. Goodwin, B.S., C.P.H., 'Creative Approaches to Nutrition Education'.

Workshops were held in the following areas: Teaching Child Development, Strategies for Effective Family Life Ed., Women Today In N.S., Group Interaction, Making Media Aids, Free Lance Home Economist, New Faces in Canadian Design, Aging — An Educational Perspective.

Lifestyle Management is Conference Theme

The Family Studies — Home Economics Section of the Ontario Educational Association held its annual conference on October 14-15 in the Hotel Toronto. There were 530 teachers registered from primary, secondary community colleges and universities. The theme, "Lifestyle Management" was divided into "Mind Expanding Day" and "Strategy Exploration Day". Dr. Karen Globel, University of Wisconsin, the keynote speaker on the Friday discussed "core concepts" and "key ideas" in teaching management. It was a stimulating and scholarly presentation provoking much discussion. On Friday evening, a session further explored the "lifestyle core" when Phyllis Meiklejohn, a special lecturer in the Faculty of Education, University of Toronto, delighted her audience with a clever illustrated talk entitled "Me, Myself and I". On Saturday, Dr. Kinsey Green, Executive Director of the American Home Economics Association, gave the keynote address on "Lifestyle Management and Effective Teaching Strategies" with emphasis an decision making — a conference highlight that made everyone aware of the need to be decisive in our own lives, as well as in our teaching. It really alerted many to our shortcomings in this regard. During the two days there were workshops, discussions, film viewing, book and craft displays and demonstrations of equipment. As well, many social occasions rounded out a truly stimulating conference.

ACPTC Holds National Meeting in Texas

The sixth National Meeting of the Association of College Professors of Textiles and Clothing (A.C.P.T.C.) was held in Dallas, Texas, October 12-15. The program was directed at fashion retailing with an address by S. Marcus of Neiman

and Marcus as well as tours of the Dallas Apparel Mart, World Trade Center and Sears Distribution Center. In addition, a total of 45 research reports were presented during the conference.

Attending were Miss S. Turnbull, University of New Brunswick; Mrs. J. Nielsen, University of Guelph; Dr. M. Morton, University of Manitoba; Drs. V. Lefebvre, N. Fetterman and A. Kernaleguen, University of Alberta. At the Annual Meeting, Dr. A. Kernaleguen was elected Chairperson of the A.C.P.T.C. — Western Region for the year 1977-1978.

IFHE Conference

The International Confederation of Home Economics will hold meetings July 15-28, 1978 at St. Angela's Teachers Training College in County Sligo, Ireland. One day is set aside for regional meetings and four days for council meetings. The agenda will include the selection of the next congress theme and elections. Canada has seven voting delegates.

School Nutrition Survey Results Published

Mrs. Maudie Halev, Ms. Dola Aucoin, and Ms. Jessie Rae of Nova Scotia have recently had published the results of a school nutrition survey, "A comparative Study of Food Habits: Influence of Age, Sex, and Selected Family Characteristics II" in the *Canadian Journal of Public Health, Vol. 68, No. 4, 1977. Part I* was published in the *Canadian Journal of Public Health,* Vol. 63, 1872, p. 143-654.

Honors to Individuals

Mrs. Margaret Stansfield was recently presented with an honorary doctor of laws degree at the May convocation of the University of Manitoba in the university's centennial year.

Mrs. Stansfield is a life member of C.H.E.A. and an honorary life member of M.H.E.A. She came to Canada from Britain as a child and graduated in 1919 in the second degree class of the University. As one of 4 women, Mrs. Stansfield completed a 5-year program of Home Economics training. She was employed in Provincial Extension and worked with young people's groups, the forerunners of today's 4-H clubs. Later as part of the editorial staff of the Country Guide, Margaret Stansfield was the author of some 220 articles.

Upon her marriage and relocation to a farm in Saskatchewan, Mrs. Stansfield did freelance work.

She returned to Winnipeg in 1946 and has been active in the consumer movement, particularly the Consumers' Association of Canada since its inception in 1947. Over the past years, over 23,000 telephone enquiries have been answered by Mrs. Stansfield on the C.A.C. phone which is located in her home. She is a devoted member of C.A.C. and has presented many briefs and submissions over the past 30 years.

In addition to her honorary degree, Margaret Stansfield has been presented with a silver medal in honour of the Queen's Jubilee this year.

* * *

The Friends of the University of Alberta recently honored twenty-three retiring professors with a presentation of eight rare books to the university library. The names of those retiring were inscribed in the books. Our editor, Dr. Edith Down was among those honored. For the past eleven years, Dr. Down has been the Coordinator of Home Economics Education in the Faculty of Education.

* * *

Dr. Dorothy Frater, Chairman, Home Economics Dept., Nova Scotia Teacher's College was placed on the NSHEA HONOR ROLL at the recent provincial conference. Dr. Frater came to N.S. from England in 1952 and pursued a career as a home economics teacher, the provincial inspector, and presently as chairman of the Home Economics Department at the N.S. Teacher's College. Dr. Frater complete her Master's degree at Syracuse University, and her Ph.D. at Penn. State University since arriving in N.S.

CHEA AWARDS AVAILABLE 1978-79 ACADEMIC YEAR

The Mary A. Clarke Memorial Scholarship — $2,000

This scholarship was established as a tribute to Mary Clarke, a valued member of the Canadian Home Economics Association and President from 1952-1954.

For a graduate in Home Economics from a Canadian University who is a resident of Canada and who is planning to undertake, or who at present is engaged in graduate study proceeding to a higher degree. The award will be based contributions to the profession of home economics, and financial considerations.

(C.H.E.A. Scholarship Fund Award)
Application deadline, March 31, 1978

The Carnation Company Incentive Award 1978 — $500

This award will be presented to a graduate in home economics, or in a closely allied discipline, from a Canadian University who is planning to undertake graduate study proceeding to a higher degree. Special consideration will be given to a student undertaking post graduate study in foods or food science. The award will be made on the basis of academic achievement, personal qualities, financial need and an intended career in the food industry.

(Presented by the Carnation Company Limited)
Application deadline, March 31, 1978

The Silver Jubilee Scholarship — $2,000

The Silver Jubilee Scholarship was established to commemorate the twenty fifth anniversary of the founding of the Canadian Home Economics Association.

For a graduate in home economics from a Canadian University who is a resident of Canada and who is planning to undertake, or who at present is engaged in graduate study proceeding to a higher academic degree. The award will be based on scholarship, personal qualities, past and/or potential contributions to the profession of home economics, and financial considerations.

(C.H.E.A. Scholarship Fund Award)
Application deadline, March 31, 1978

The Ruth Binnie Scholarship — $2,500

(see advertisement on page 00)

This scholarship was established through the generosity of the late Miss Ruth Binnie, Halifax, Nova Scotia, to promote and encourage the quality of Home Economics education in Canada.

For a graduate in the field of Home Economics from a Canadian University, who is a resident of Canada, and who is planning to undertake, or who is at present engaged in graduate study at the Master's level in a Home Economics area at an accredited institution. The student with a high commitment to teaching and to the profession; applicants will agree to teach Junior or Senior High School for at least two years after obtaining Master's degree. The award will be based on scholarship, personal qualities and potential in the education field as well as on financial considerations.

(To be awarded for the first time in 1978)
Application deadline, March 31, 1978.

Application forms available from:

Chairman
Awards Selection Committee
Canadian Home Economics Association
151 Slater Street, Suite 203
Ottawa, Ontario
K1P 5H3

Applications must be postmarked no later than March 31, 1978.

CANADIAN HOME ECONOMICS ASSOCIATION

Occupations C.H.E.A. Members by Province — October 31, 1977

Province	B	D	E	G	H	N	R	S	SW	T	U	X	O	(1)	(2)	(3)	Total
British Columbia	13	3		7	7		28	4		39	4	12	4	28	5	2	156
Alberta	23	4	40	9	8	2	47	5	2	35	15	16	8	12	10	5	241
Saskatchewan	10	1		3	3	1	7		1	12	10	8	1	4	1	1	63
Manitoba	8	2	14	14	2		12	2		31	20	15	5	21	3	11	160
Ontario	96	18	18	34	7	11	81	6	1	147	30	79	27	71	12	10	648
Quebec	15	2		2		3	10	2		14	15	5	1	3	2		74
New Brunswick		1	3	3		1	1	3		16	8	5	1	4			46
Nova Scotia	4	1	2	4	3	1	8	3		12	9	9	4	5	1	3	69
Prince Edward Island				1			1			3	4	1					10
Newfoundland	1	1		1		1				3	1		1				9
Northwest Territory			2	1			2	1		4				2			12
Outside Canada	7	1	2		1	1	7	1		3	4	3	2		2		34
	177	34	81	79	31	21	204	27	4	319	120	153	54	150	36	32	1522

C.H.E.A. National Office
October 31, 1977.

Code:

B Business
D Dietitian
E Extension
G Government
H Homemaker
N Nutritionist
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S Supervisor (Education)
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T Teacher
U University
X Retired
O Other
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